SQUARE ONE

healing cancer
coaching program

COMPLETE 10 MODULE TRANSCRIPTS

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TRANSCRIPTS BOOK

Chris Wark

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Module 1
First Things First

Welcome to the Square One Healing Cancer Coaching Program. This is Module 1: First Things First. In this module we're going to do some broad brushstrokes, an overview to get you started, and to change the way you're thinking about your situation, about cancer, and about your life. And I'm also going to give you a big pep talk. I imagine you'll probably want to watch or listen to this module multiple times. So let's get started.

The very first thing that I tell every cancer patient—and that you need to know—is this: Cancer is a divine tap on the shoulder.

Cancer is a wake-up call. This is an interruption in your life. And there's a message attached to that tap on the shoulder. And that message is, "Hey, the way you're living is killing you."

The way you are living is killing you.

I'm not telling you that to make you feel bad about yourself. I'm not trying to put shame on you. What I'm telling you is now is the time to take full responsibility for your life.

One of the most important things I did in the beginning was to be honest with myself and say, "Well, maybe this is my fault. Maybe I had something to do with this. If I contributed to my disease, then maybe I can contribute to my health."

I firmly believe that we live in a cause and effect world, and that our choices matter. What you put in your mouth matters. What

you put on your body matters. Where you live matters. Where you work matters. Your choices matter.

There are a large multitude of factors that affect our health. Cancer is the convergence of multiple health-destroying factors in your life that all come together at the same time, and usually persist in your life for a number of months, or years. So the way you're living is killing you. Just go ahead and accept it. And if you go ahead and say, "Okay. This may be my fault." You know what that does? It empowers you. It empowers you to change.

The cancer industry wants you to think it's not your fault. They want you to think it was just random bad luck, and that nothing you did mattered. Therefore, nothing you can do matters, except showing up at your doctor's appointments, for your surgery, chemo and radiation treatments.

But the truth is your choices matter so much. And they could make the difference between survival and death. Whether you're doing chemotherapy or radiation or surgery or not, there is so much you can do to promote health and healing in your body. And we'll go through all these steps in this course.

The point is not to blame yourself and wallow in self-pity, the point is to accept responsibility for your situation.

I believe that everything in life happens for a reason. And most of the time the reason is you.

You are the reason that a lot of things in your life happen to you. Not everything of course. But a lot of things, because the decisions we made in the past—affect our reality today. Some simple examples, the decision to work hard in school results in better grades. Better grades result in college acceptance and scholarships. A college degree opens up doors for better career opportunities, and so on…

So all of our decisions matter. The diet and lifestyle decisions that you've made up until this point have all affected your health, whether you've realized it or not. And now we're going to change those things. When we change the input, we change the output.

Now, let's talk about the specifics of cancer. Cancer is natural and it is normal. Every person has cancer cells in their body. But not everyone has tumors.

The difference between the person with cancerous tumors and the person with no tumors is their immune system.

Your immune system is designed to identify and eliminate cancer cells in your body. It also identifies and eliminates bacteria, parasites, viruses, and other pathogens. Your cells want to live. And for a variety of reasons, cells in your body can become injured. They can get DNA damage or mitochondrial damage. There's still some debate as to what causes a cell to become cancerous, whether it's DNA damage or mitochondrial damage, But the point is, when a cell becomes injured, it usually dies. But in some cases, that cell will mutate to survive. If it's deprived of the essential nutrients or oxygen, it can mutate and become cancerous. Otto Warburg was the first to prove that cancer cells can live and develop in the absence of oxygen through glucose fermentation.

Every cell in your body is programmed to die at a certain point. Some cells live for a few days. Some cells live for weeks. Some cells live for months. But they all have a programmed cell death. The cancer cell doesn't have that. When a cell mutates and becomes cancerous, it starts dividing uncontrollably. And it loses the auto self-destruct mechanism and it keeps living and multiplying. And it forms a tumor and then cells from that tumor leave and form new tumors in other parts of the body.

This all starts with a cancer stem cell. Those are the real bad boys. Those are the instigators of tumors. A properly functioning immune system is designed to identify and eliminate cancer cells. And if it's not doing that, if you have a tumor, if you have a lump or bump or lesion in your body, then that is an indication that your immune system is either overloaded or suppressed, or maybe both.

Your body is overworked. And it can't keep up with the demands you're placing on it. So the body creates cancer. Cancer didn't invade you from another planet. Your body created it. These are your cells. It's you. Cancer is you. It's your cells, your DNA. Your body created it. And your body can heal it.

Now, how do I know that? Besides my own healing experience, I've talked to, interviewed and coached hundreds of people who have healed cancer. And many of their stories—if you've spent any time on ChrisBeatCancer.com—are much more remarkable than mine.

I've met and interviewed people who have healed stage four terminal cancer after chemo, surgery, and radiation failed them, and others who have healed without doing any of those treatments.

If you know my story, you know I had surgery, and then I chose nutrition and natural non-toxic therapies instead of chemotherapy. And my odds of survival were very grim as a young adult with metastatic colon cancer. I had less than a 30% chance of making it to the five-year mark, and less than 20% chance of making it 10 years. And I firmly believe that the radical diet and lifestyle choices that I made, which parallel what all the other survivors I know made, made all the difference. My choices are the reason I am here today.

In the medical community, there is a long-standing belief that cancer is linear. That means once it starts in your body, your body

can't heal it. It's like an unstoppable train. And so in order to stop the train, they basically have to blow up the tracks with these destructive therapies. And that's the way they treat patients.

But there is a lot of scientific evidence to the contrary. When cancer goes away on its own, it's called spontaneous remission. This is a medically documented fact. It's a medical term. They made it up, not me.

In fact, there is a huge book, a compilation called the Spontaneous Remission Project. It has over 3,500 references from 800 medical journals. It's the largest compilation of case studies and medical references of cancer patients who had spontaneous remission. That means they had cancer, and they either didn't do treatment or the treatment didn't work, and then for some reason, the cancer went away.

My friend Dr. Kelly Turner wrote a fantastic book about this phenomenon called *Radical Remission*. And I recommend everybody read that book. She investigated and identified the nine key factors that patients like me who have survived despite the odds, have in common. So we know that the body can heal cancer. The medical industry calls it spontaneous remission. But we have another term for it: Healing. Spontaneous remission means the body healed it.

The body created it. And the body can heal it.

There are thousands of medically and scientifically documented cases, not to mention all of the wonderful testimonials that are online now. But skeptics like to say, "Oh, that's just anecdotal," Truth is we learn everything with anecdotes. Every scientific discovery started with an anecdote. Before they spend thousands or millions are hundreds of millions of dollars on a study, they had one anecdote. They had people who were healed, or had discovered something, and they had one testimonial.

By the way, sometimes that's all it takes to change your life. When I started this journey in January 2004, the Internet was not helpful. There were no good websites for healing cancer with nutrition and alternative therapies. And there was no social media, no youtube, no facebook. I started with one book, one man's testimonial. That was it! That was all I had. But that was enough for me to get started.

The book was called *God's Way to Ultimate Health*. And when I read that book, it resonated with me. I knew it was an answer to prayer and it was exactly what I needed to do instead of chemotherapy.

Today things are much better. There are hundreds if not thousands of cancer healing testimonials online, on facebook, YouTube. There are over 50 on my site alone and I'm adding new ones nearly every week. I'm having a hard time keeping up with them all!

Okay, so we know that cancer can go away, that the body can heal it. It's called spontaneous remission. I just want you to understand and believe that healing is possible. The body can heal it. But you have to give it the proper nutrients and care.

You have to change the way you're living and remove all of the cancer-causing factors in your life.

Cancer isn't caused by one thing, in most cases. You may remember the story of Erin Brockovich. She found out that they had very high rates of cancer in her town because a local factory was dumping hexavalent chromium and it was contaminating the water supply. And a lot people were getting cancer. In that case they could pinpoint it to one thing. But not everyone who drank the toxic water got cancer.

So even if you're exposed to environmental toxins, your diet and lifestyle can be protective. They can protect you against toxic exposure. And I'm going to show you how to reduce your toxic exposure to the absolute minimum. We'll go through that in module 4 of the course. But you don't have to be afraid of environmental toxins if you have adopted a hardcore healthy diet and lifestyle. Again, it's protective.

Several recent studies have concluded that between 70% and 95% of cancers are caused by our diet, lifestyle, environment. I'm going to add a fourth factor: stress, which I'll address in Module 5. But for now, let's talk about diet, lifestyle and environment. Let's just say those factors accounts for 70% of cancers. That's the vast majority.

Many researchers believe than less than 5% of cancer are genetic, which leaves 20% of cancers caused by unknown factors. And 70% caused by diet lifestyle and environment. That's huge. 70% has almost everything to do with you. I address the cancer causers on our diet, lifestyle, and environment in Module 2 Why You Have Cancer. Now let's talk about epigenetics.

Epigenetics is a branch of science that studies how genes express themselves. We know that not every woman with the breast cancer gene gets breast cancer. Why? Because your genes don't determine your fate. Your diet, lifestyle, environment, and stress all are factors in whether or not your genes express themselves.

You have good genes and you have a few bad genes. And you want to express or turn on as many of the cancer-preventing genes as possible. And you want to turn off or prevent the expression of the cancer-causing genes in your body. Your diet and lifestyle behaviors and your environment can make all the difference. So, again, your choices matter.

There have been many studies on this—in fact, there's a brand-new study out on twins. They studied multiple groups of twins. And if your twin gets, let's just say breast cancer, then you have a much higher risk of getting breast cancer than just some other random person who doesn't have a twin with breast cancer, especially if you're identical twins.

Identical twins carry the same genetics. But if one twin gets cancer, the other twin doesn't necessarily get cancer. They have a higher risk. But there's no guarantee they'll get cancer. And many of them don't. So, again, this further illustrates the point I'm making here that it's not just about genetics. There's an expression that "genetics load the gun, but your diet and lifestyle pull the trigger."

So yeah, you may have a higher risk of breast cancer, or colon cancer, prostate cancer, heart disease, or diabetes… if your mother, father, or grandparents had those diseases. But again, your risk is heightened if you eat the same Western Diet as them and live in the same type of environment that they did. So if you live the way they lived, you can expect to get the same diseases they got. You follow me?

So again, if your mom has breast cancer and she ate a Standard American Diet and didn't exercise and took a bunch of prescription drugs, and if you eat a Standard American Diet and don't exercise and take a bunch of prescription drugs throughout your life, then yeah, you will probably get breast cancer, too. But if you eat a radically different diet, a super healthy diet, modeled after the longest living people around the world with the lowest rates of cancer, and you're active, and you don't poison and pollute your body, then your rates of getting breast cancer will be much, much lower.

The rate of breast cancer is 6 times lower in Japan, but when Japanese women migrate to the U.S. and live here for decades,

and adopt the Western diet and lifestyle, their rate of breast cancer rises to the same level as American women.

Your choices matter.

Think of your body like a giant automobile factory. You've got a huge conveyor belt. You've got all these parts coming down the conveyor belt. And you've got workers assembling all the parts, one piece at a time, putting them together. And at the end of the line, you've got a finished car.
The beginning of the conveyor belt, the entrance of the factory is your mouth. And the parts coming into the factory are food. Food is coming into your mouth. It's going down the conveyor belt, which is your digestive tract, from mouth to anus.

And along the way, all of the workers in your body, in your factory, are breaking down the food you eat and carrying the nutrients all around your body and reassembling them and putting them where they go. They're supplying food to all your cells, your muscles, tissues, and bones. The goal of your body is to stay healthy—in homeostasis. It's to stay alive, and to stay well, and to not have disease.

Now imagine a factory that's open 24 hours a day. And the assembly line never stops. And the owners of the factory keep putting more stuff on the assembly line, but don't hire any more workers. And so you can imagine if you keep adding parts to the assembly line, and you don't add more workers, you're going to create chaos in the factory.

If you've ever seen the *I Love Lucy* episode where she's in the candy factory and the conveyor belt speeds up, and the candies are falling off, and they're trying to eat the candies so they don't fall on the floor, this is kind of like what's happening in your body if you have cancer, or any type of chronic western disease. Your body is overloaded and overwhelmed. There's too much coming in,

too fast, and your body can't keep up with the demands you're putting on it.

Your cells are overworked, and they're exhausted. And if your body is overloaded and exhausted, guess what happens? Chaos ensues. Garbage piles up. Problems arise, and there aren't enough workers to take care of all of the problems, and everybody is working as hard and as fast as they can just to try to keep up with the demand, but they aren't able to keep up.

If you have cancer, that's a picture of what's happening in your body. It's chaos. It's overloaded. And your body can't keep up. Your immune system is overwhelmed, and it's so busy trying to deal with everything that's happening, that it doesn't have enough resources or energy to deal with some little rogue cancer cell here and there, that's started multiplying and formed a lesion, or a lump or a bump, or a tumor, or may be spreading in your blood, like leukemia or lymphoma.

What we want to do, is we want to reduce the stress on your body, reduce your toxic load, simplify your life, and create an environment where your body can thrive, where it can heal cancer. We want to create an environment where cancer cannot thrive. In the scientific community they refer to this as creating an environment that is inhospitable to cancer.

So it's all about the terrain. Your internal terrain is either permissive to cancer growth, or it's not permissive. And we want to make it not permissive. And there are major changes you can make to improve your internal terrain because you are what you ate.

Right now, you are what you ate.

Your body is made out of everything you put in your mouth. Everything you put in your mouth becomes the building blocks of

your physical body. If you've been eating junk food and fast food for years, well then, your body is basically built out of junk. It's clogged up. And it's overloaded. And it's polluted. But when you replace the man-made processed junk with high quality raw materials straight from the earth, you dramatically change your internal terrain. That's what we're going to talk about in Module 3: The Anti-Cancer. Now I want to switch gears. There are two really important questions that you need to ask yourself if you have cancer. The first question is,

"Why do you think you have cancer?"

If you are taking notes, write the answer down. What are the reasons that you think you have cancer? I think you know why you have cancer. There may be some factors in your life that you aren't aware of yet, but I'm also confident that there are factors you DO know about. If you think it's stress, you're right. If you think it's because you haven't been taking care of yourself, you're right.

How do I know that? Because I've talked to hundreds of cancer patients and when I ask them that question, they all tell me, "I had a lot of stress in my life. And I haven't been taking care of myself."

And usually there are some other things that come to mind when they start to really think about their situation. Listen to your instincts and your intuition.

Your doctor is not going to ask you why you think you have cancer. He typically doesn't care what you think. You can offer why you think you have cancer to your doctor. And he's probably just going to shrug it off. If you say, "I think I had too much stress." "Well, no. It wasn't stress. It was just bad luck or possibly genetic."

That doesn't even make sense. If you have family history they will tell you it's genetic. I didn't have any family history and they told me mine was genetic. It doesn't make sense when you understand diet and lifestyle and environment. Genetics can be an excuse to make the cancer patient powerless.

The cancer industry wants to make you a victim, a helpless, powerless victim.

A victim has no control over their situation. You have to be fully dependent on the doctors to heal you. And there's nothing you can do to affect your future. That is the message that cancer patients are getting every single day from their doctors, in so many words.

"No, it's nothing you did. No, your diet doesn't matter. Yes, it's ok to eat ice cream, pizza, and burgers. You just need to make sure you eat enough that you don't lose weight. No, nutrition, and alternative therapies don't work. No you can't heal it with nutrition. Changing your diet doesn't matter. We are your only hope."

That is the message that cancer patients are getting from their oncologists. And I'm here to tell you it's a lie. They're not your only hope. The body can heal. The body created it. The body can heal it. The second key question is:

"Do you want to live?"

If you have cancer, you need to ask yourself, "Do I really want to live?"

The first time someone asked me it scared me because I had never really thought about it. I was so focused on not dying, I wasn't really thinking about living, and whether or not I really wanted to live. And for a split second I was secretly afraid that maybe I had a death wish.

So you need to ask yourself. This is a yes or no question. Do you want to live?

Because if you don't really want to live, there's no point in doing all this stuff. There's no point in changing your life if you don't want to live. There's also no point in doing chemo, surgery, or radiation if you don't want to live.

If you don't want to live, if you're at a point in your life where you're content with your life, or maybe you're dissatisfied with your life, and you're just tired of living, that's okay. I'm totally okay with that. No judgment. If you're ready to die, that's totally fine. My suggestion to you is, why don't you just enjoy the rest of your life doing what you want to do?

Like Norma Bauerschmidt, aka Driving Miss Norma, who refused cancer treatment at 90 years old, hit the road in an RV and spent the last year of her life traveling all over the U.S. having adventures with her son and his wife… Doing all sorts of things she had never done before. She wasn't trying to get well, she was just living it up until the end and died peacefully after a few weeks in hospice.

If I had a friend or family member that had cancer and they told me, "You know what? I don't want to do anything. I just want to enjoy my life. Would you go get me a cheeseburger?" I'd say, "Sure, man! Yes. Absolutely." I'm not here to force you to do anything you don't want to do. And that's really important. You shouldn't do anything you don't want to do, whether it's surgery, chemo, radiation, whether it's alternative therapies, whether it's juicing, whatever it is. If you don't want to do it, if you don't have that strong will to live, don't do it.

Beating cancer—healing the body—takes total commitment.

Total commitment, no excuses.

The characteristics of cancer patients that get well like me—and, again, I've talked to hundreds—I can tell you, they're all the same. We're all the same.

There are two characteristics of cancer patients who get well, that heal cancer. They have a strong will to live. And they're willing to do whatever it takes to get well. They make no excuses.

So that's who this course is for. It's for people who have a strong will to live, and want to change their whole life, and are ready and willing to do it. They take full responsibility for their health. And they're willing to change everything. So if that's you, then great. I am here for you. You are the person that I am here to serve.

But, again, if you don't have a strong will to live, if you really don't want to make any changes to your life, if you are not willing to quit smoking, or change your diet, or exercise, then this course is not for you.

So those are the characteristics of success: A strong will to live, willing to do whatever it takes to get well. I'm talking about massive action.

Minimal action usually produces minimal results.
Massive action produces massive results.

Sometimes small changes can produce big results. But if that's what you're hoping for here, your hope is in the wrong place because I will never tell you, "This one supplement, or this herb, or this food, this one food, is going to cure your cancer." And anyone who is telling you those kind of things is scamming you. That's snake oil: the one cancer cure, the magic bullet. There's no magic bullet. Healing requires a total life change.

You have to be prepared to take massive action and make a total commitment.

I'm talking about at least two years: two years hard-core life change. I've seen a lot of cancer patients have dramatic turnarounds in their health in just a few months, 30, 60, 90 days, but then they start to get lazy and complacent.

Sometimes tumors start to shrink or disappear really quickly. And then they start making exceptions and slowly go back to their old habits and their old way of living. And the cancer starts growing again.

So the two-year mark is really essential because every cell in your body regenerates. And you have almost an entirely new body every year. Every cell has been replaced, some cells multiple times over in a year. But one year from now, you will have an entirely newly-rebuilt body. That's pretty cool to think about. You are rebuilding your body.

Every bite you take, you are building a new body.

So just think about that for a second, and remind yourself. I would think about it as I eat, especially when I had cancer, every bite, as I'm staring at this big giant bowlful of vegetables. Some days I would have rather had a cheeseburger. And I was just thinking, “No, I’m building a new body.” So that's what you have to be committed to do: Two years, hard-core.

Sometimes cancer patients start doing really well. The tumor starts shrinking. And then they let their doctor talk them into surgery, chemo, and radiation. And then things go downhill really fast.

And that is one of the most frustrating things that I see from time to time is when a patient is doing well, and then all of a sudden,

the fear takes over. And the medical industry scares them into going the conventional route. And it often doesn't end well for them.

So let's talk about fear. Fear is a major factor here. I get it. I know what it feels like to be afraid of cancer. But let's break fear down for a moment.

Where does the fear of cancer come from? It comes from the cancer industry, because most people are afraid of suffering. They're afraid of the treatment. They're afraid of their hair falling out, and being sick and poisoned, and the damage that it does to their body, and all the uncertainties and unknowns.

That's where the fear comes from. They're afraid of all the complications that can come from surgery, chemo, and radiation.

Most people I've talked to are not really afraid of dying. They're just afraid of suffering. You need to be honest with yourself and understand what you're afraid of, what you're really afraid of, and address that fear head on.

Don't be afraid.

Do not let fear dictate your decision-making process, because when you're afraid, your stress hormones are pumping. And you will make irrational and impulsive decisions.

That's why the cancer industry uses fear. They use it to motivate patients to take immediate action. They say, "If you don't these treatments, you're going to die." That's the message that most cancer patients are getting in the oncologist's office. And they're rushed into treatment with fear. The cancer industry is a business. A lot of us don't think about it that way. But it is. This is a trillion dollar industry. And over the years oncologists have figured out that if they don't book their cancer patients into

surgery or chemo, or the next procedure, before they leave the office, then there's a high risk that they will lose that patient and lose that future income.

My mom actually worked in an oncologist's office. And her job was to book the patients for their next appointment before they left. It wasn't a sinister plot. It was just the way things work. Business as usual. Patient comes in. They get cancer diagnosis. “Okay, now we've got to make sure we get them booked for their next appointment or procedure before they leave."

Don't be afraid. Take a deep breath. And Breathe.

You’ve got to breathe through this. And I want to tell you that you have time. You have time to read and research. You have time to change your life. Now, there will always be exceptions. If you have a huge tumor that's blocking your windpipe or your digestive tract, that's life-threatening. You might need immediate surgery. Most cancer patients have time. Many cancer patients don’t even feel sick, even when they get a late stage diagnosis. But the point is, for most cancer patients, you have time. you have time to read and research. You have time to change your life. Don't let anyone rush you into anything you don't want to do. Don’t make a fear-based decision.

Listen to your instincts and intuition.

If you don't want to do a specific treatment, don't do it. If something deep down inside of you is saying, “Don’t do it. Don't do it,” Then do not do it!

It doesn't matter if your family wants you to do it, if your friends want you to, if the doctors say you need to. Your instincts and intuition are powerful. You need to listen to them.

So listen to your instincts. Listen to your gut. Don't rush into anything. You need to take time to learn, to read and research, and to change your life. You could experience a dramatic improvement in as little as 30 to 90 days doing exactly what I'm talking about in this course.

People often ask me, "What would you do, knowing what you know now? Would you have still had surgery?" And the answer to that is, "No, I would not have had surgery immediately," because my tumor, although it was causing me some discomfort, was not life-threatening. And I would have taken some time 90 days to adopt a radical diet and lifestyle change, and monitored my progress along the way. We'll talk all about how to do that in module 9, which is all about Testing & How to Monitor your Progress.

In my 20 Questions For Your Oncologist Guide—some of you have gone through that, it's a part of this course—there are some critical questions to ask your doctor. And one of them is,

"Is my cancer fast-growing or slow growing? I'd really like to change my life. Can I have a month? Can have two months? Can I have three months? I need to get my life in order. I'm not ready for surgery or chemo or radiation yet."

Those are things you can tell your doctor. And if you tell them that, in many cases they will give you permission to delay the procedure. And so then you can take control and take charge of your life. If they don't give you permission then you have to make the decision as to whether or not you want to go against your doctors advice.

So now let's talk about the people around you, because if you make a decision to go through this program and change your whole life, if you make a decision to not do any aspect of conventional cancer treatment—surgery, chemo, radiation, drug

therapy, whatever— some people will not understand. They will disagree with you. They will tell you you're wrong and that you're making a mistake.

The first person that disagreed with me, and didn't want me to not do chemo, was my wife. She loves me. But when I told her, “I found out about this guy who healed his cancer. And he ate a bunch of raw foods and vegetables, and juicing,” she thought I was making a huge mistake. And I had other people around me, family members who loved me and wanted me to live, calling me and telling me I was making a mistake.

In order to appease family pressure, I went to see an oncologist. When I asked him about alternative therapies, he told me if I didn’t do chemotherapy I was insane.

The only person that supported me 100% was my mom. She's always been a health nut, had stacks and stacks of books on health and healing. My dad was more of the stoic silent supporter. He wasn't as enthusiastic about natural healing as my mom was. He didn't put any pressure on me to go either way. He let me make my own decisions.

But I had opposition. And if you have opposition, I just want you to know it's normal. You should expect it. You’re swimming upstream. And if everyone is floating downstream and you’re going upstream, a lot of people are going to be like, "Hey, you're going the wrong way!" So you need to be prepared for that. Some of you watching this are already in the middle of this. You already understand what this feels like. Listen to your instincts and intuition, that's the most important thing, because that will guide you.

Now, obviously, I'm a Christian. So I think you need to reach out to God and say, “Hey, help me. Show me what to do. Please, give me some support, some encouragement, some people in my life. I

need some direction." Reach out and ask for help. Even if you don't even believe in a God, if you're not sure there is a God, just reach out. Just reach out and say, "Hey, okay God. You got my attention. If you're real, if you're there, you have my attention. What do I need to do? What do I need to change? Help me." And I can assure you that if you sincerely reach out that way and ask for help, you'll get it.

Help will come to you in miraculous ways.

It did for me. And I've seen it happen over and over again. But make sure you're looking for those signs and answers to prayer. Don't dismiss them or shrug them off as coincidence. There are no coincidences!

During this process you will need to have conversations with people around you that don't understand, because they will continue to pester you. And they will create a lot of stress and anxiety in your life. They'll keep saying, "You really need to do the chemo. You really need to go to the doctor. You really need to do this or that."

And at some point you just have to sit down with them or get on the phone and say, "Listen, I know you love me. And I love you. I really appreciate what you're trying to do, because I know you care about me. But you need to understand that I am making the best decision for me. I'm doing exactly what I want to do. And my goal is to live as long as possible and to get well. I'm reading and researching and learning as much as I can so I can make wise decisions. I'm not going to rush into anything. And I'm not going to do anything that I don't have peace about." When you explain that to people, they understand.

Say, "Listen, I understand what you think I need to do. But I really don't want to talk about it anymore. If that's all we're going to talk about every time we talk, it makes me not want to talk to you

anymore. And I want to enjoy your company. I love spending time with you. I would really love for us to just hang out and spend time together, and not talk about this stuff, and for you to trust that I'm making the best decision for me." And you will find you get good responses from that, once you explain your heart to people.

Now, for further ammunition, if you've been to the doctor, if you've gone through the 20 Questions, and asked your doctor some of the questions in my guide, then you will have some important details to share with your friends and family to get them to back off.

For example, if you're stage III or IV, and you ask your doctor point blank. "Does your treatment cure this type of cancer, and they tell you no, you can remind your loved ones that your doctor told you it isn't curable.

But the way, an incurable diagnosis can be a blessing in disguise, because when the doctor tells you the treatment is not curable, that means you need to go home and start making major changes to your life. They've told you the truth, that *they* can't cure you. That empowers *you* to take full control of your situation.

But, beyond that, you can talk to your friends and family and say, "Listen, the doctors told me they can't cure me. So what's the point? There's no point in me doing that treatment, because they already told me it doesn't work. It doesn't cure cancer. So I'd rather take my chances changing my whole life, and enjoy my life, instead of doing treatments, which they said don't work. All it's going to do is make me sick. And I'm going to suffer. No thanks. And I feel good now. I'd rather just keep living as long as I can feeling good."

And, by the way, that's the same kind of thing you can tell your doctor, because if you end up having a conversation with your

doctor where you've decided not to do treatment, you'll want to have a similar conversation. And it goes like this:

"Doctor, thank you so much for all the information, and for everything you've done. I've thought about this a lot. And what I've realized is that quality of life is much more important to me than quantity of life. Quality of life is more important than quantity of life. And if I do treatment, my quality of life is just going to go in the toilet. It's going to be terrible. I'm going to be sick. I'm going to be in bed. I'm going to be suffering. And I just don't want to do that. I don't want to be sick. I feel okay now. And I just want to feel okay as long as possible. So I'm just not ready to do any treatment right now. And something may change in the future. And I totally understand that you think I have better survival odds if I do treatment. But that's just not what I want to do."

If you explain yourself to your doctor in that way, they're typically more responsive. You also want to ask, "Will you help me? I would like to monitor my progress as I go forward. Would you be willing to work with me and order some blood work and scans… blood work every month, maybe a scan every six months?" And typically your doctor will say, "No problem. We can do that." Now, if you have a very arrogant doctor, who's a jerk, they will probably fire you as a patient. But good! Why would you want to work with someone like that anyway?

So when you explain to the people around you, your friends and family and to your doctor that you just want to live your life, you just want to enjoy your life, you want to feel good as long as possible, then they'll back off. You don't need to tell your doctor everything you're doing. It's going to be a waste of time. You don't need to give your doctor a lecture about nutrition or alternative therapies, or telling him you're going to do this, that or the other, because guess what? He's going to disagree with you. He's going to say, "It doesn't work. Don't do it. Don't bother."

So it's really just a waste of time and energy to go into any details about what you're doing with your doctor because chances are, he hasn't spent any time reading and researching about nutrition, because all of his time is spent either taking care of patients or learning about new drugs. The vast majority of oncologists have no interest in nutrition whatsoever.

So that's how you address people in your life—the doctor and your friends and family. Get them on board. Or get them off board. Now, you still need to build a support system. Some cancer patients I've talked to, their spouse was completely on board, or their adult children were helping them, or their parents were helping them. And it's amazing. They just had this incredible support system. And the best way to do that is to show the people around you the information on ChrisBeatCancer.com. Show them all the interviews I've done with people who've healed all types and stages of cancer, show them the videos in this course. Try to get them excited about nutrition, and help them understand that the body can heal. Hopefully some of them will get excited about helping you.

But you may have a hard time with support. Again, I basically only had my mom in the beginning until I found a nutritionist/naturopath that supported me. And then through him I found an integrative oncologist, the late Dr. Roy Page, who supported me. So I had a very small support system. It took a little while for my wife to warm up to it, but she eventually did too. Time changes things.

But back then there was no social media. There weren't any Facebook groups. You couldn't find people on YouTube or Twitter. It wasn't there. So I didn't have any online support at all and there weren't any local alternative healing support groups in Memphis either.

So today is so much better for you, because it's so easy to connect now with people that have healed cancer, or are trying to heal cancer with nutrition and natural non-toxic therapies, because they're all over the place. They're on Twitter. They're on Instagram. They're on YouTube. They're on Facebook. So it's very easy to build a support system today.

There's an organization you need to know about called Healing Strong. They created a fantastic local support group model. People who are trying to heal cancer get together once a month to spend time together, share their experiences, and share helpful information, and encourage each other. It's a healing cancer support group.

There may be a Healing Strong support group in your city. And if not, you can start your own. They're wonderful people. I had the privilege of writing the foreword to the Healing Strong Leader's Manual, the leader's guide for their support group. Go to HealingStrong.org to learn more about that.

Bottom line is you have to build your team and your support group. You've got to build it. If you don't have anybody, you've got to get out there and beat the bushes and find like-minded people. They're out there. You don't have to do this alone. Go to your local hole in the wall health food store and telling the people working there, "I have cancer. Do you know anybody that's healed cancer? I'm looking for other people that are trying to heal cancer. Do you know anybody that comes in here that's doing that? Can you connect us?" Ask for help.

The support groups you want to stay away from are the traditional cancer patient support groups. Stay away, because birds of a feather flock together. And what you'll find is, whether it's online or in person, you'll find that traditional cancer support groups are full of people that are very angry, afraid, and unhappy, because they are suffering and not getting well. And they will argue with

you and disagree with you about what you're doing. And they'll get upset when you make diet and lifestyle suggestions. And they'll tell you what you are doing is wrong and that it won't work, while they are dying from conventional treatment failing them.

So you probably won't find any support in the conventional groups. And don't think you're going to go in there and evangelize them and help them. They don't want your help. They're just going to turn on you and until you're completely well, you won't be strong enough to handle the criticism. It's going to create a lot of negativity, and stress, and anxiety for you.

So find like-minded people that you can connect with, online and locally. Find people that you can support and they can support you, and you can exchange ideas, and encourage each other. That's what you need. Next...

Make plans for the future.

Document the entire process. Journal. Do a video diary. Start a blog. Document what you're doing, because you need to plan to get well, and use what you've learned to help other people. You need life goals, a future goal to work toward. So making plans for the future is very important.

The spirit-mind-body connection is a mystery. But something happens when you plan for the future, in your mind. You're planning to live. You're sending signals of life to your body. There's something that happens when you make plans to live. It's very powerful. Don't be afraid to make plans for the future. I know that's the default response is, "Well, I don't know if I'll be here in a year or two years..."

Instead of thinking that way, I want you to think, "I'm going to live. And this is what I'm going to do. And these are my plans for my life, for next year, for 5 years, for 10 years. This is my plan."

Sketch out your life goals, and things that you want to accomplish, and do. “I’m going to see my daughter graduate college. I'm going to see my son get married. I'm going to see my grandkids grow up. I’m going to be a great grandparent…”

So making plans for the future is so important. When I was diagnosed, I didn't have any children. And I really wanted to have kids. I wanted to have a family. It was in my life plan. But if I did chemotherapy, it was likely that I wouldn't have been able to have children of my own. That was one of the reasons I didn't want to do chemo, because I wanted to have a family. And now I have two beautiful girls that would not be here if I had made that choice, if I had done chemotherapy. My girls wouldn't be here. And I probably wouldn't be here either. So, make plans for the future. And the last thing is…

Enjoy your life!

Enjoy your life. Do not let fear and cancer steal your joy. Depression suppresses your immune system. It's a vicious cycle. If you’re depressed, and fearful, and anxious, and worried, it makes you more vulnerable to cancer. So you need to focus on things that bring you joy, and hope, and optimism, and encouragement.

And you need to just start living your life. Really living. There’s an organization for young adult cancer patients called Stupid Cancer. And even though they’re more conventionally minded, I love their slogan, which is, “Get Busy Living”.

Now is the time to LIVE. You could die in a car wreck tomorrow. There’s a hundred different ways you could die besides cancer. And so there's no point in letting cancer paralyze you into depression and inaction, where you just sit at home and feel sorry for yourself.

Start doing things you've always wanted to do. Like Miss Norma. Make plans. Get out there. Live your life. Do fun stuff. Go skydiving and bull-riding like the Tim McGraw song (Live Like You Were Dying). Make a commitment to enjoy your life. And to enjoy the process. And get busy living.

Every day, even if some of these radical changes are difficult for you, like giving up your bad habits and your favorite junk foods to eat vegetables that you've never liked, you've got to keep your perspective, because

It's way better than chemo.

Most of what we're talking about doing, in fact all of it, is better than chemo.

It's a lot less painful for sure and way more enjoyable. Just the fact that you can get out of bed in the morning, that you can see, and you can hear, you can breathe fresh air, you can feel the sunshine on your skin, and that you are alive, these are things to be thankful for.

I talk about this a lot more in module 7, about eliminating the stress in your life, and how to be positive and really enjoy your life. But I just want to mention it here because it's so important. The overarching goal of the SQUARE ONE Program is to help you change your whole life, and for you to enjoy the process. This is a new chapter, a new season in life, a new adventure.

So don't look at it like a chore. Don't look at it like drudgery. If you're focused on negativity and feeling sorry for yourself…"Well, I can't eat cheeseburgers and pizza and ice cream anymore…" If you catch yourself thinking or talking that way, stop it.

Stop focusing on the things you can't do. And start focusing on all the things you *can* do. Focus on all the things you have to be

thankful for. And that will dramatically change your outlook, and your mood. That's where joy comes from. It comes from gratitude. Gratitude is the secret to happiness.

Module 2 is titled Why You Have Cancer, and in the next module I'm going to help you identify the many health destroying factors in your life and in our world that may have contributed to your disease. I'm going to help you put the puzzle pieces together. And once you identify the cancer causers in your life, you can systematically remove them, and make it easier for your body to heal cancer now, and/or reduce your risk of a recurrence. For those of you who are prevention minded, this information will help you reduce your risk of ever developing cancer in the first place.

Module 2

Why You Have Cancer

In this module, I'm going to help you understand why you may have cancer and why the rates of cancer have exploded. I'll also help you identify specific cancer-causers in our world and in your life, which you may need to address to help your body heal.

70-95% of cancers are caused by diet, lifestyle, and environmental factors.

The sad reality is, the cancer industry knows what's causing cancer, but they're not interested in prevention, and they're NOT addressing the causes. They just want to treat the symptoms, because that's where the money is. This is where *you* come in, because with education and action you can identify and remove many of these potential cancer-causers in your life. The more you can reduce your body's toxic load, the better your odds are of preventing and healing cancer.

The very first thing on a cancer patient's mind after a diagnosis is, "Why me? Why did this happen to me? How did I get cancer?" As I said in Module 1, cancer is the convergence of a multitude of health destroying factors in your life that persist for a long period of time, usually many years, long enough to break you down and make you vulnerable to disease. I also told you that if you have cancer, you should assume that the way you are living is killing you. Not to blame you or shame you, but to empower you to change your life. Many of these cancer-causing factors can be removed and your risk of getting a recurrence or dying from cancer can be greatly reduced, just by your choices. Your choices matter!

Now, we know that cancer has been around for thousands of years because researchers have found a few mummies with evidence of cancer, but the rates of cancer exploded after the Industrial Revolution. If you look at the way that most of us live on the earth today, especially those of us who live in western industrialized nations, we live a very different life than our ancestors. Our diet and lifestyle is different. Our work habits are different. Our recreation habits are different. Our entertainment habits are different. It's all totally different. For most people, their cancer wasn't caused by one thing. There may have been one instigator, but then there were many other factors in their life that contributed to cancer's development.

Years ago, a study was published which found that the rate of cancer among Japanese smokers was nearly seven times lower than American smokers. Why? Two reasons. The first is that the Japanese diet and lifestyle are healthier and more protective. The other reason is that Japanese cigarettes may contain less toxic chemical additives than American cigarettes. A healthier diet and lifestyle, as well as less toxic exposure, equals less cancer.

There are three pillars of health. First is our diet and lifestyle, the second is our environment, and the third is stress. These are broad categories, and we're going to drill down into them, but just in the beginning, understand that diet and lifestyle, environment, and stress, are the three main causes of cancer and most types of disease.

There are two different types of disease. One is infectious disease, which is caused by a virus, bacteria, parasite or pathogen including measles, herpes, malaria and influenza. Infectious diseases are also known as diseases of poverty. In impoverished nations (third world countries) infectious diseases are leading killers to this day, primarily, because they haven't been educated on hygiene, and they don't have good sanitation practices. People

in third world countries are eating dirty food and drinking dirty water that are contaminated with sewage and loaded with viruses, bacteria and parasites.

In the early 1900s, infectious diseases were the leading killer in the United States, causing roughly a third of all deaths, the majority of which were children under five. Today, infectious diseases cause less than 5% of deaths in the US. We've made huge strides in eliminating infectious disease, mainly because of sanitation and hygiene. Simple things like washing our food, washing our hands, public water treatment, and regulations that prevent contamination in food production.

The other type of disease is Chronic Disease. Chronic disease is also known as Western disease, and Disease of Affluence.

The reason they call chronic diseases Western diseases is because when they first began to discover them, they were only happening in Western nations, in first world countries, in industrialized societies. Chronic diseases include heart disease, diabetes, multiple sclerosis and autoimmune disease. There are dozens of diseases that are categorized as western diseases. Most cancers are considered to be Western diseases, but according to the International Agency for Research on Cancer, 18-20% of cancers are linked to infections. This is from viruses like Hepatitis B & C, HIV, some types of HPV, Epstein Barr, and from lesser known viruses like human T-cell lymphotropic virus, Merkel cell polyomavirus, Kaposi-sarcoma herpes virus and Bovine leukemia virus. Kissing, sexual contact, needle sharing, blood transfusions, organ transplants, and even sharing food and drinks or a toothbrush with someone who is infected spread most of these viruses. Some of them can be passed from mother to child during childbirth, and through breastfeeding.

The Epstein Barr virus connection to cancer was discovered in 1958 by Dr. Denis Burkitt and a form of lymphoma (Burkitt's

lymphoma) was named after him. You'll hear more about Burkitt in a minute. EBV has also been found to cause Hodgkin's, non-Hodgkin's and T-cell Lymphoma, nasopharyngeal cancer, and some cases of stomach cancer. It's estimated that 95% of adults are infected with a strain of Epstein Barr.

If you've ever wondered why children get cancer, here's one explanation. A.L.L., the most common form of childhood leukemia, has recently been traced back to a specific virus called Congenital Cytomegalovirus (CMV), which is a form of herpes that can be passed from mother to child during childbirth. Children born with congenital CMV are roughly 4-6 times more likely to develop A.L.L. between two and six years old. It's estimated that 80% of people carry the CMV virus.

Some viruses can't be avoided, but if you engage in risky behavior like promiscuous sex, or needle drugs, your odds of contracting multiple cancer-causing viruses are much higher. But don't freak out, not everyone who contracts these viruses will develop cancer. As long as your immune system is strong, your risk is low, but viruses can lay dormant in your body for many years and then flare up and cause a problem if your immune system becomes weakened or suppressed for a prolonged period of time. This is why the things that you can control like your diet, lifestyle, environment and stress are so important. A healthy body keeps viruses in check.

There's one virus in the list that definitely can be avoided. That's the bovine leukemia virus. Bovine leukemia virus is a cancer-causing virus found in cow's milk and meat. It's widespread. 80% of small dairy farms and 100% of large dairy farms were found to be infected with bovine leukemia virus when milk supplies were tested in 2007. Pasteurization should render this virus harmless in milk, but you can also contract it from eating undercooked beef, as in rare or medium rare. A 2003 study found that 74% of people tested had been previously exposed to Bovine Leukemia Virus.

Here's where it gets really interesting, in 2015, researchers conducted a study looking for the presence of bovine leukemia virus in breast tissue samples taken from women with breast cancer. According to their findings,

"The presence of BLV-DNA in breast cancer tissue was strongly associated with breast cancer. As many as 37% of breast cancer cases may be attributable to BLV exposure."

This means that over a third of breast cancers, over 80,000 cases per year, may be caused just by eating undercooked beef.

H. Pylori is a bacteria known to cause inflammation, ulcers and stomach cancer. The rate of H. Pylori infection and stomach cancer is much higher in third world countries, because of poor sanitation and hygiene practices. H. Pylori also converts nitrites from cured meats into cancer-causing compounds in the gut.

The top cancers in Western nations: lung cancer, colon cancer, breast cancer and prostate cancer are considered to be Western cancers. Now back to Japan. In 1955, the death rate for pancreatic cancer, leukemia and lymphomas was 3-4 times lower than the US. The death rate for colon, prostate, breast and ovarian cancers was 5-10 times lower. This was at a time when animal products accounted for less than 5% of the Japanese diet.

Now Japan is not an anomaly. There are many parts of the world with much lower rates of cancer than Western Nations like the US, Canada, Europe and Australia, especially where people are eating plant-based diets. You can actually go to a website called Globocan and there is an interactive map that lets you see what the rates of any type of cancer, in any country in the world are. One example that may surprise you is Mexico. Mexico has half the overall cancer rates of the US. There are dozens of countries that have a third of the overall cancer rates of the US. In more specific regions it's even lower. There are over 20 African nations with a

rate of colon cancer that's five times lower than the US. Mozambique is nearly 25 times lower. They don't have a genetic advantage. What they have is a diet and lifestyle advantage. They're living their lives in a different way, and they're eating foods that are protective. And they're also NOT doing as many things that are destructive.

Maintaining health requires doing two things simultaneously. Health is not doing things that are harmful to your body, and instead doing things that are beneficial to your body, like giving it the right fuel and raw materials that it needs to repair, regenerate and detoxify.

One of my heroes is Dr. Denis Burkitt. Dr. Burkitt was an Irish surgeon who worked in African hospitals in the 50s and 60s after World War II. During his time there, he noticed that many of the common diseases in the US, Europe and South Africa, were virtually non-existent among the rural Africans. The doctors in rural Africa weren't seeing colon cancer, Crohn's disease, hemorrhoids, colitis, heart disease, diabetes or appendicitis. There's a long list of cancers and chronic diseases, common to Western nations that they weren't seeing at all.

This compelled Burkitt to research not only the Africans, but also other cultures around the world, to figure out why their diet and lifestyles were protective against Western diseases, like most cancers, heart disease, and diabetes. Burkitt observed that the rural Africans ate a diet that was very high in fiber. His hypothesis was that their high-fiber diet was protective against colon cancer, heart disease, and many other western diseases. Burkitt's research is the reason dietary fiber became a household word in the 1970s. What we know now is, it wasn't just the fiber. There was more to it than that. Like I said earlier, it was the things they were doing, and the things they weren't doing that were producing optimal health for these people.

So what were they doing? Well, the rural Africans WERE eating a diet that was very high in fiber. They were eating a starch-based diet and plant-based diet. They weren't vegetarians or vegans; they were just people living in the African bush. They were living in small villages, and they were eating whole foods from the earth. They were living off of starchy vegetables: Beans, peas, lentils, corn, rice, potatoes and grains, like millet, spelt, teff and wheat, and fruit when it was in season. They were eating root vegetables like carrots, beets and turnips. They were eating cabbage and green leafy vegetables like collards and mustard greens.

They were also eating very little meat and dairy, because if you live in an African village, you don't have access to a grocery store to buy chicken, or fish, or beef whenever you feel like it. There aren't any restaurants either. If you wanted to eat meat, you had to kill an animal. You either had to catch it and kill it in the wild, or you had to kill an animal that you raised. If you raised chickens, you couldn't kill a chicken every night for dinner, because you'd run out of chickens. So killing and eating the animals you raised was saved for special occasions. If you're killing a large animal such as a cow or a pig, it means the whole village is having a feast. Killing animals in the wild is not that easy, you definitely aren't doing that every day. So eating animals was sparse.

They might eat animal products anywhere from a few times a week, to a few times a month and even only a few times a year, depending on the region. These people thrived on starchy vegetables; simple, whole foods from the earth. They were also not eating white sugar, white flour, table salt, and oils. They were not eating anything in a package or a box. There was no fast food or junk food and no processed food. They were eating giant piles of beans and sweet potatoes. They were living on carbohydrates. They consumed a high starch, high fiber and high carb diet. This included tons of plant food with very little animal food, and zero man-made, processed food.

Western civilization consumes a ridiculous amount of meat, dairy, sugar, white flour, salt, and oils. Not to mention all of the artificial additives, preservatives, colors, flavors, taste enhancers, texture enhancers, and all the other junk they put in our food. The rural Africans also weren't eating any genetically modified food, like corn, soy and canola, which are the three biggest GMO crops. 90% of the corn, soy and canola grown in the US is GMO. If you pick up any fast food, junk food, or processed food and look at the ingredients, you're going to find corn, soy, and canola in almost all of it. We're eating a lot of genetically modified food.

Here are the GMO cliff notes; GMO crops are genetically modified to be resistant to weed-killers like Roundup. The main ingredient in Roundup is glyphosate, which is classified as a probable carcinogen. A major review of 44 scientific studies found that glyphosate exposure doubles a farmer's' risk of non-Hodgkin's lymphoma because it disrupts normal white blood cell function, and wrecks your immune system. But it's not just the farmers who need to worry, because Glyphosate can't be washed off. GMO crops that are sprayed with Roundup absorb the glyphosate, and then you end up eating it.

But wait, it gets worse. Farmers also spray glyphosate on non-GMO crops before they harvest, to kill the crops, and speed up the drying process. This includes conventionally grown wheat, millet, flax, rye, buckwheat, barley, oats, beans, peas, lentils, corn, potatoes and more. Many experts now believe that the widespread use of glyphosate, not only grains alone, is the culprit behind the high rates of celiac, gluten intolerance, autoimmune disease, and many other digestive and physiological disorders.

The rural Africans weren't eating any of the crazy stuff we're eating now, and they had really low rates of cancer, heart disease, diabetes, and many other Western diseases. That's proof that their diet and lifestyle was truly healthy.

Here's a fun fact. Autopsies of our Paleolithic ancestors have consistently found starchy plant matter in their teeth and digestive tracks, like oats. Not a belly full of bacon, butter and coconut oil. Just like the rural Africans, population studies from China, India, the Middle East, Southeast Asia, and South America, all show much lower rates of Western diseases. Those are the diets and lifestyles we should be imitating.

Principle Number One is we have to get back to a simple diet of whole foods from the earth that God made for us.

We live and eat like kings. It's interesting, if you look at the lifespans of the kings of Europe, many of these kings had very short lifespans. Rich people got rich people diseases. Wealthy people got gout, heart disease, and cancer, because of their diets. Our wealthy ancestors and kings were also often obese. Back then, obesity was a sign of wealth and at one point in history, obese women were considered the most beautiful because it was a sign of their socioeconomic status.

Today we are eating nearly the same diet as the wealthy kings hundreds of years ago. Instead of eating a pauper's diet, we're eating a king's diet. Kings eat whatever they want, whenever they want. Kings can afford to eat three or more times per day and they can eat expensive delicacies like meat and cheese at every meal. They can have desserts rich in fat, sugar, butter, cream and oils. They can eat the finest, richest foods every day at every meal. They have access to all the wine, beer and spirits they want. That sounds exactly like the Western diet, doesn't it? We're eating all the food we want, tons of meat, dairy, sugar, salt, and oils. However, today it's even worse because we have all the extra junk: the artificial additives, preservatives, flavors and colors, and GMOs. Our modern diet is a king's diet, but worse.

If you eat a king's diet, you're going to get king's diseases.

I really want to hammer this home. You have to get back to a simple diet that is based on whole foods from the earth. You don't have to become a vegan, or vegetarian, or take on some type of dietary identity/religion. You just have to start making good choices. We want to mimic the healthiest people on earth.
We can learn from successful people, right? If you want to be successful in business, you study and implement the habits of successful business people. If you want to live a long, healthy, chronic disease-free life, then you study and implement the habits of large populations of people that are living long, healthy, disease-free lives.

One of my favorite books is The Blue Zones. The Blue Zones was a National Geographic project started by Dan Buettner, who took a team around the world to study specific regions with exceptionally long-living people. The goal was to learn the secrets to long life and health and to essentially reverse and engineer longevity. They identified multiple regions, called Blue Zones, with the highest percentages of people living past 100. This includes Okinawa Japan; Sardinia, Italy; the Greek island Ikaria; and Nicoya, Costa Rica.

Surprisingly, there is actually one American Blue Zone: Loma Linda, California. What Salt Lake City is to the Mormons, Loma Linda is to the Seventh Day Adventists. It's kind of like their headquarters. If you don't know anything about the Seventh Day Adventists—their religion, denomination, or whatever you want to call it, is largely vegetarian. It's part of their religious beliefs. Half of the Adventists are vegetarian, and about 8% percent are vegan. The strict Seventh Day Adventists in Loma Linda have a much longer lifespan than the average American. The men live seven years longer than the average Californian man, and have much lower rates of many Western diseases. All because of their healthy diet and lifestyle.

Another example is the China Study. This is the largest population study of its kind. They collected data on every province in China, millions of people, to measure their rates of diseases and examine their diets. The gist of the China study is that rural China has much lower rates of cancer and heart disease than the US, and they eat a plant-based diet. They eat tons of rice, vegetables, and fruit, and very little animal products. Another book I love is *Healthy at 100* by my friend, John Robbins, which also examines the diet and lifestyle habits of healthy, long-living people around the world. Those three books are wonderful reads if you want to get a global perspective on health and longevity. Truth is simple. The simple truth is that our diet and lifestyle choices can promote health or disease.

You can dig your grave with your teeth if you so choose.

Hopefully you're starting to understand that what you put in your mouth will either promote disease, or promote health. We have to change what we put in our mouth first. Before you run off to a cancer clinic in Mexico, before you take a million supplements, before you do a bunch of weird therapies that may or may not help, you have to change your diet.

Nutrition is the foundation of health.

Now, circling back to Dr. Burkitt, after Burkitt observed that the rural Africans ate a high fiber, high starch and plant-based diet, he was curious about their bowel movements. He wanted to know how many times a day they pooped, how big their poops were, the consistency, and he wanted to know how quickly food moved through their system. So he weighed their poops, and they were twice as big as American poops, and they were soft, more like a cow patty than a log. Then he added a special dye to their meals to measure their transit time and he discovered that their average transit time from mouth to anus was 30 hours, basically one day.

You can do the same thing with beets. Eat a serving of beets with a meal and then every time you poop, take a look at it. At some point your poop is going to be beet red and it might scare you for a second, but don't worry, it's the beets. That's how you can measure your own bowel transit time.

So Burkitt discovered that the average transit time for the rural Africans was 30 hours. He conducted the same tests on Europeans and Americans, and their average transit time was 72 hours. It was taking nearly two and a half times longer for food to make its way through their bodies. Why? Because Americans and Europeans were eating so much more meat, dairy, and refined processed foods. A high starch, high fiber diet is easily digested and it moves through your body quickly. Meat, dairy, and white flour, are slow movers and cause constipation. Even if you poop every day, you still may have a long transit time. You may think you're regular because you're going every day, but what you're pooping today may be what you ate three days ago. That's not good. Do the beet test and find out how quickly food is moving through your body.

There's an easy remedy to constipation, and that's to switch to a whole foods plant-based diet, lots of fruits and vegetables, which are naturally high in fiber and starch. You don't need to take a fiber supplement. Just eat lots of fruit and vegetables every day. By the way, Burkitt also did the same study on nursing home patients, and he found that their average transit time was about two weeks. Two weeks! Can you imagine? Now, why is this so important? Why does transit time matter? Here's why. Your liver is one of your body's main detoxification organs. Your liver dumps metabolic waste, toxic sludge, into your digestive tract. When you eat food, whatever is not digested, like insoluble fiber, moves through your digestive tract and it absorbs that liver bile, and it carries it out the backdoor. Now, a high fiber, high starch diet does a really good job of absorbing those toxins that are secreted by your liver and carrying them out quickly.

If you eat a diet that's high in meat and dairy, it moves through very slowly, and the meat and dairy, and whatever else you ate, mix with the liver bile, and it all putrefies and creates toxic byproducts. Some of them are called fecal mutagens. What's grosser than gross? Fecal mutagens. These toxic byproducts irritate and inflame the lining of your digestive tract, especially your colon. They cause irritation and pre-cancerous inflammation. Some of these toxins are reabsorbed into your bloodstream. So you end up in a vicious cycle of auto-intoxication. Your body is constantly reabsorbing some of the toxins that it's trying to eliminate, because your bowels are moving too slow. If you feel like crap all the time, it may be because you're actually reabsorbing some of your crap. The abundance of vitamins, minerals, enzymes, and phytonutrients in fruits and vegetables is an obvious benefit to a plant-based diet.

The second benefit is that fiber and starch, which moves through your body quickly, helps you eliminate toxic metabolic waste before it can putrefy, cause inflammation, and get reabsorbed into your bloodstream. The principles of a healthy diet are simple, and we'll talk about specific foods you should be eating every day in the next two modules, but generally speaking, you just need to eat a lot of fruits and vegetables, raw and cooked, and you need to minimize or eliminate animal products and all processed food. As the legend Jack Lalanne said,

"**If man made it, don't eat it.**"

Another problem we have is too much food. If you're reading this, you probably live in a Western nation with an unlimited food supply. With the exception of the homeless, even the poorest Americans rarely go a day without eating. So we have an unlimited supply of food, and our calorie consumption has increased significantly over time. According to the USDA, in 1909, the average American ate 3,400 calories per day, which by the way, is

still 1,000 to 1,500 calories more than most people need to eat. Today, the average American eats roughly 4,000 calories a day. That's 600 more calories per day than we were eating 100 years ago. This is why 2/3 of Americans are overweight, and 1/3 of Americans are now obese, because we're eating way too much.

Now let's talk about body fat. Food is fuel. It's a source of energy. We eat food primarily to give our bodies energy to function. It just takes a basic understanding of supply and demand economics to understand why we're fat. Your body has a certain requirement of calories per day, depending on your activity level. Calories are a measurement of energy you get from food. If you consume more energy (more fuel), more calories per day than your body needs, it will store that energy for later, as fat, which is a good thing. Before restaurants and supermarkets were on every corner, our ancestors would go through periods of food scarcity. They were growing their own food, raising livestock, and hunting. And guess what? A lot of food doesn't grow in the winter. Animals migrate or hibernate. So there was a lot less food available. If they ate a lot of food in the spring, summer and fall, when it was abundant, they might put on some weight. Then, that extra body fat would be burned off in the winter when food was scarce. It would keep them alive.

We don't have famines in the US and we don't have food scarcity in the winter. We have an unlimited food supply, and we're overeating year round. Most of us are gaining a little bit of weight, a few pounds a year or more, year after year after year. There's a snowball effect, the heavier you get, the quicker you gain even more weight. This is why so many of us are overweight and obese. Why does this matter?

Obesity is the second leading cause of cancer.

Cigarette smoking is the number one cause of cancer. Obesity is number two.

When you're carrying a lot of extra fat on your body, it is a huge burden to your system. Body fat produces a lot of excess hormones, which can promote inflammation and fuel cancer growth. An obese body is overworked and overwhelmed, which leads to the break down in optimal function of various systems in your body, which leads to chronic diseases like high blood pressure, heart disease, kidney disease, diabetes, et cetera. Obesity weakens your body and creates an environment that is hospitable to cancer growth. Being overweight has never been a problem for me, but I did smoke cigarettes as a teenager and young adult, and cigarettes are the number one cause of cancer, and not just lung cancer. There are many cancers that are related to cigarette smoking, because when you smoke a cigarette, carcinogenic compounds go from your lungs into your bloodstream and circulate throughout your entire body.

Cigarettes can cause colon cancer. For all I know, smoking cigarettes could have instigated cancerous cells in my colon. Then my unhealthy diet and lifestyle choices created an environment where that cancer could grow. If you smoke, now is the time to stop. Don't put it off. Don't switch to e-cigarettes. It's going to be tough enduring a couple of weeks of nicotine withdrawal, cravings and detox, but there are way worse things. You're a grown up. You can handle it. If you're not willing to quit smoking, or chewing tobacco, or drinking, or using drugs there's no point in doing anything else, because those destructive lifestyle behaviors will sabotage your success.

Now, if you're curious about some of the other changes in the American diet in the last 100 years, here they are. Our overall carbohydrate intake has actually come down about 4%, but the type of carbohydrates has changed dramatically. In the early 1900s, most of our carbohydrates were from whole foods like grains, beans and potatoes. Today most of our carbohydrates are from refined foods: white flour, sugar and corn syrup, sugary

drinks, chips and fries. We've replaced whole foods with processed refined foods. As a result, our fiber consumption has come down about 10%. But we still weren't getting nearly enough fiber in 1909. The rural Africans are getting about 3 times as much fiber as we did 100 years ago. They're getting 75 grams or more per day. We're also eating about 20% more animal protein than we were in 1909. It's unnecessary.

We're eating 60% more fat than we were in 1909; primarily from oils. Polyunsaturated fat consumption is up 340%, which is found in corn, soybean and sunflower oils and fatty fish. Monounsaturated fats are up 70%, which includes olive oil, peanut, safflower and sesame oils, and about 20% more saturated fat, mainly from butter and lard in animal foods. And we're eating roughly 10% more cholesterol. All totaled, our overall fat consumption is up 60% from excessive amounts of oils and animal foods.

Now let's talk about why you need to eat organic food.

When you eat conventional produce, you are eating pesticides, insecticides, fungicides and herbicides like Roundup. Those are all toxic chemicals. They are poisoning and injuring you a little bit every day. The USDA Organic certification means that farmers did not use toxic chemicals to grow the food, and that the food is not genetically modified.

In January 2004, when I first started eating organic, it was really expensive and there was only one store in town, Whole Foods. Today most major grocery stores have organic produce. Things have really improved a lot, and the prices have come down, but yes, making the switch from junk food and fast food to organic fruits and vegetables will cost you more money each week. However, whatever sacrifices you need to make to afford it are worth it. We lived in a small 2 bedroom 1 bath house, we didn't have cable, and we lived very frugally at that time, because I

decided that the most important thing I could spend my money on was on my food. That was priority number one, buying the healthiest food possible. I want you to have that same mental shift. An investment in your health is one of the best investments you can make.

Eating healthy now is *much* cheaper than getting sick.

It's much cheaper to buy organic, pesticide-free produce than it is to pay a hospital bill. My colon cancer surgery was $17,000.

Ok, Now let's talk about water.

In most Western Nations we're blessed to have clean water to drink. It's clean in the sense that it is treated to kill harmful bacteria and parasites, but it can still be toxic. Most cities in America are drinking water with chlorine and fluoride added. Those are two very toxic chemicals that can promote cancer in the body. The chlorine that they put in your drinking water is sodium hypochlorite. That's bleach! They put bleach in our drinking water. Now, this isn't some sinister plot to make you sick. They put the bleach in there to kill bacteria, which is a good thing. The problem is you end up ingesting the bleach, which is a bad thing.

You've got to filter your drinking water.

Fluoride is also completely unnecessary. It was added to our drinking water as a public health effort, when producers of fluoride, which was a toxic byproduct of industrial aluminum manufacturing, and the phosphate fertilizer industry, convinced the government that we would have healthier teeth if they added fluoride to our water supply. It is completely unnecessary, and does not make your teeth healthier. In fact, our family has not consumed fluoridated water, with the exception of the occasional water fountain or in a restaurant, in 12 years. And guess what? No cavities. We've also used fluoride-free toothpaste for 12 years. No cavities.

I went to the dentist in November 2016, for the first time in five years, and the dentist raved about my teeth. Healthy teeth come from a healthy diet. You will get all the fluoride you need from eating a whole foods plant-based diet rich in fruits and vegetables. So you've got to filter your water. Besides chlorine and fluoride, there are all kinds of pollution in our water supply from industrial waste runoff, pesticide and fertilizer runoff from commercial agriculture. Also from the large-scale chicken, beef and pork farms, where they're pumping these animals full of antibiotics, and then the animal's waste runs off into the water supply, not to mention the lead and rust components from the pipes that may be bringing water to your house.

There are hundreds of potential contaminants in our water supply, even if you have well water. So I highly recommend you invest in a really good filtration system. Most water filters remove very little. They may remove some chlorine and some heavy solids, but that's about it. Reverse osmosis systems and distillers remove pretty much everything, but if you do a little research on the popular faucet filters and pitcher filters, you'll find they don't filter much at all. In 2004, I bought a countertop distiller and used it for many years, eventually it started leaking and I switched to a Berkey water filter. The reason I like the Berkey, it removes 99.9% of hundreds of contaminants. It has a fluoride attachment that removes 95% of fluoride, and arsenic, which is another cancer-causer that could be in your water. Plus the Berkey is portable and it doesn't require any water pressure, or electricity. The two main filters will purify 6,000 gallons of water, which means if you consume 10 gallons of water per week they will last you 11 years.

I made a video called 5 Reasons Why I Love My Berkey Water Filter. You can watch it at www.chrisbeatcancer.com/berkey

Ok we've covered diet, now let's talk about our lifestyle. We're living a very different lifestyle than the healthiest longest-living

cultures around the world. Number one is being sedentary. We don't move our bodies enough. “Sitting is the new smoking” because people who are seated for eight hours a day or more, are prone to health problems. When you're in motion, you're increasing circulation and burning calories. Activity promotes health.

Movement is LIFE. When you don't move, you promote disease. There's a very simple solution to this. You have to move more. Take the stairs instead of the elevator every day. Walk, run, hike, dance, do yoga, rock climb, do karate. Any extra movement you can do will help you.

You've got to move your body every day.

I’ll cover this in detail in the Exercise & Rest Module, including the best exercise for your immune system, how much exercise you need each day, the types of exercise you want to avoid, and how to get optimal healing sleep.

Another destructive lifestyle habit is substance abuse. Alcohol and illegal drug abuse are obvious health destroyers. But prescription drug use can be as well. We have an epidemic right now of prescription drug use and addiction. All prescription drugs have side effects. For starters, they're all hard on your liver, which is your body's main detoxification organ. Once your liver goes down, you’re dead. Many of the most common prescription drugs, like blood-pressure and cholesterol-lowering drugs, and drugs for mood disorders, have significant long-term side effects in the body. Drug companies are one of the biggest advertisers on TV, and if you pay attention to the drug commercials, it's not uncommon to hear in the disclosure that many of these drugs “may cause certain types of cancer”. This includes birth control drugs, fertility drugs, psychiatric drugs, digestive disorder drugs and hormone replacement therapy. Any prescription drug could be suspect. Read the warning labels carefully.

If you're taking multiple prescription drugs, then your odds are even higher, because there's a synergistic toxicity that happens in your body when you're taking multiple drugs. There are over 100 prescription drugs that inhibit the production of melatonin, which is one of the most powerful anti-cancer hormones in your body. Melatonin stops cancer growth. But it's only produced at night when you sleep. This is also why it's common for people who take prescription drugs to also suffer from insomnia. Even if you don't take prescription drugs, if you stay up late every night, you're not getting good quality healing sleep. If you're a workaholic and you're working 18 hours a day and getting 6 hours of sleep or less, then you are chronically sleep deprived, and your health will suffer for it. Melatonin is a key component of cancer prevention and healing.

Now, I realize that getting off prescription drugs can be tricky, and quitting cold turkey can even be life-threatening depending on the drug and your medical condition. If that's your situation, I want to encourage you to share this goal with your doctor, who can work with you to hopefully reduce some of your doses now, and help you get off of prescription drugs over time as your health improves. Remember, you might feel lousy for a week or more while you are breaking your body's dependence on prescription drugs. Once your body fully detoxifies and adapts to functioning without drugs, you will feel good again.

Let's recap the lifestyle habits that promote cancer and disease. They are: smoking, drinking, illegal drug use, prescription drug use, being sedentary, and lack of sleep. I eliminated every negative lifestyle habit in my life. For some of you this may sound like a daunting task, but don't be overwhelmed. I did it and you can do it too. I'm going to walk you through it step-by-step in the rest of the SQUARE ONE course.

Circling back to what I said at the beginning of this module, there are three pillars of health: Your diet and lifestyle, environmental pollution, and stress.

Now let's talk about factor number two: Environmental Pollution.

We live in a world full of toxic chemicals. There are over 80,000 man-made chemicals in our environment. Thousands of new chemicals are approved by the government every year. Many of these chemicals do not have adequate safety testing. Some of them are known carcinogens. Many of them are industrial and agricultural chemicals, and some are pharmaceutical drugs, like certain chemo drugs. We're being bombarded with cancer causing industrial chemicals. We've also got toxic pollutants in our environment, like air pollution from automobile and industrial exhaust.

L.A. has a notorious smog problem from pollution, but you may be surprised to know that American cities don't even crack the top 1000 most polluted cities on earth according to the WHO. Cities in India, Saudi Arabia and China have some of the worst pollution. It doesn't take much to make you sick, so it's important to take a look at your environment. Do you live in a polluted area? Are you breathing toxic fumes? We used to think that living out in the country was a healthy place to live. Not necessarily. If you're surrounded by conventional farmland, then you're bombarded with toxic pesticides, herbicides, fungicides and fertilizers.

You may work in a toxic environment. If you work in a factory around industrial chemicals, paints, varnishes, solvents and plastics, and you're breathing in smoke and fumes every day, these are potential cancer causers. If you are a mechanic working around gas, oil, lubricants, antifreeze, engine exhaust, you are at risk. Even hairdressers have elevated rates of cancer because they're breathing the fumes from bleaches, dyes, straighteners,

hair spray, nail polish and all of the chemicals in beauty products. Working at a print shop or a copy center where you're breathing printer ink, all day long could be hazardous.

Dry cleaning chemicals are notoriously toxic. I just found out a few months ago that the groundwater under the house I lived in when I had cancer had been polluted for years by chemicals from a former dry cleaner around the corner. It's important to take a hard look at any toxic chemicals you may be exposed to at work, or at home.

Incense, candles and air fresheners may smell nice but they also put out toxic smoke and chemicals. Get rid of them! Diffusing essential oils is a much safer alternative. While you're at it, it's a good idea to replace any toxic cleaning products with natural non-toxic ones including laundry detergent, dish soap, and spray cleaners. Dr. Bronner's, Earth Friendly, Ecover are a few top-rated green-cleaning products.

Also check your house for toxic mold and radon. Toxic mold can make you very sick and vulnerable to cancer and radon gas is the second leading cause of lung cancer besides smoking, causing about 10% of lung cancer deaths in nonsmokers. Mold and radon test kits are inexpensive and can be bought on Amazon and many hardware stores. Finally, in addition to the toxic chemicals that you may be putting in your body, there are also the chemicals you're putting ON your body.

Your skin eats what you put on it.

If you're putting body care products on your skin: lotions, potions, creams, makeup, toners, your body is absorbing that stuff into your bloodstream. The ingredients in personal-care products are largely unregulated and can contain known cancer-causers like formaldehyde, and endocrine disrupting chemicals like phthalates and parabens. There's no way to test the long-term safety of

putting all these chemical soaps, lotions, shampoos, conditioners, moisturizers, perfumes and deodorants on your skin and into your bloodstream every day for decades.

This is a concern for everyone, but more so for women because they tend to use more body care products than men. Your best bet is to switch to verified, non-toxic brands and use as little as possible. Healthy beautiful skin is created by your diet, from the inside out.

You can research non-toxic skincare, makeup and cleaning products on the Environmental Working Group website at EWG.org. They have a searchable database with thousands of products. It's a great way to find clean, non-toxic home and body care products.

If you have cancer, or if you want to prevent cancer, you need to reduce your toxic load as much as possible.

Every little bit helps. Like I said in the beginning of this module, cancer is the convergence of multiple health destroying factors in your life, and in your body. If you imagine the effect of all of these pollutants coming into your body every day, well, the more you can eliminate, the better.

The harder your body has to work at detoxification, the less energy and capacity it has to prevent or heal cancer.

If you're constantly overeating and putting tons of toxins in and on your body, and breathing toxic fumes, your body is working overtime trying to process all the junk that's coming in. Just like a factory, if everybody's working overtime with no breaks, then problems are going to arise. But everyone is too distracted to notice. That’s how cancer goes undetected in the body.

There are some things that you can change quickly, like exercising

every day, switching to an organic diet and getting rid of the toxic stuff in your home including body care products, chemical cleaning products, air fresheners, candles and incense. Other changes take time, like getting off prescription drugs, or changing jobs or moving. Remember, this is a process. The goal is not perfection. The goal is continual improvement.

All the small changes you make will add up to a big change over time.

So don't let the changes you need to make overwhelm you and stress you out. Hopefully you have taken a lot of notes. Just make a to-do list and get after it.

The three pillars of health are diet and lifestyle, environment, and stress. Stress is so important that I dedicated an entire module to it. In Module 6, I will show you how to identify and eliminate the harmful health-destroying stress in your life. Stress is the x-factor in cancer. It's the one thing that can outweigh everything else you do. Don't skip Module 6. For some of you it will be one of the most important modules in the entire course. The next two modules are all about the Anti-Cancer Diet. I will show you exactly what I ate every day to help my body heal cancer, along with the nutritional science that supports it all. This is a simple, powerful, proven dietary protocol. We'll cover the most potent evidence-based anti-cancer fruits, veggies, herbs and spices. I'll also discuss my simple daily anticancer routine, juicing, smoothies, raw food versus cooked food, whether or not you should eat animal protein, and more.

Module 3
Implementing The Anti-Cancer Diet

Welcome to Module 3. In this module, I'm going to tell you what to eat, and what not to eat. We'll start with the basics of anti-cancer nutrition and then we'll get into the specific foods you need to be eating every single day. So let's get started. First up, what not to eat.

If you think about the way we're living now, we're eating a modern diet. We're eating a lot of man-made processed foods that your body was never intended to eat. Now, your body is adaptive. That means you can put a whole lot of stuff in your body, and it can use what you put in it to survive.

But we've gotten really far away from eating a truly healthy diet that our ancestors ate to survive. And now we mainly eat for pleasure. And there's a big difference between eating to live and living to eat. When you eat to live, you're eating in a deliberate way. The foods that you choose to eat, you're choosing because they're giving you maximum nutrition and benefit. In Western civilization, we've gotten away from eating to live and survive. And we now just live to eat.

Our culture is obsessed with food. There are entire TV channels dedicated to food. And people are obsessed with every taste possibility, and flavor creation, and food experience they can conceive of. And if you have cancer, now is the time to get away from that kind of thinking because every bite that you eat has the

potential to promote health in your body, or promote disease, depending on your choices.

Anything that's man-made or processed is off the table. If you pick up any package of food and you read the ingredients, there's going to be a long list of things you've never heard of: artificial additives, preservatives, flavors, and colors that your body was never meant to ingest. It was never meant to ingest an isolated chemical compound. It was meant to ingest whole foods from the earth.

So we've got to cut out all man-made food, and restaurant food. Restaurant food is loaded with sugar, salt, preservatives, and oils. It's going to be very difficult to find anything healthy, eating out. So for now, you need to eat at home. I know some of you are starting to get depressed and you're thinking, "My life is over." Your life is not over. It's just beginning. And this is not forever. It's just for now. Just remember that:

Not forever, just for now.

In order to heal cancer, you need to make radical changes to your diet and lifestyle now and you need to be prepared to maintain this lifestyle for the rest of your life. But there will be a point in time, once you are a few years down the road, when you've gotten your health back, that of course you can go out and enjoy what I call recreational food. But for now, no exceptions, because making exceptions can become a slippery slope.

100% is easy. 99% is hard.

Here are the foods you want to stay from: obviously white sugar. White sugar promotes cancer growth and causes a host of problems in the body. It spikes your insulin to very high, unhealthy, unnatural levels. So any candy, any junk food, anything with white sugar in it has got to go.

White flour is wheat flour that is refined and bleached, and they strip out all of the nutrition until it's almost valueless then they add a few vitamins and minerals back to it. So white flour is out. Anything processed, anything manmade, anything artificial, that's the majority of food that comes in a can, a bottle, a box, a bag, is going to be off limits. This is the food that's promoting disease. There's only one part of the grocery store you need to shop in, that's the produce section. The food you want to be eating now is fruits and vegetables, food from the earth in its whole form.

We don't want to eat meat or dairy. We're also going to eliminate most grains. We're going to eliminate meat, wheat, sweets, and anything that comes from a teat. The first three I got from Dr. Kelly Turner. And I had to add, "anything from a teat" because it rhymes. Of course, I'm talking about dairy products. When I say meat, I'm talking about all animal food, beef, chicken, pork, fish, shrimp… Anything that comes from an animal.

So let's talk about why you don't want to eat meat or dairy. And I'll start with a study. In 2005, Dr. Dean Ornish took a group of early-stage prostate cancer patients and put them on a diet and lifestyle program that included a low fat plant-based diet, walking 30 minutes per day, and an hour per day of stress management like yoga, stretching, breathing, and relaxation. After one year their blood had eight times the cancer stopping power as patients eating a Western Diet. Their blood slowed down the growth of prostate cancer cells by 70% versus Western diet blood, which only slowed it down about 9%.

And they all had lower PSA counts, which indicate they were reversing the progression of early stage prostate cancer with a low fat plant-based diet, exercise, and stress management.

In 2006, some of the same researchers conducted a similar test on breast cancer cells. They took blood from overweight postmenopausal women eating a Western Diet, and they dripped

their blood on three different types of breast cancer cells. At the beginning of the study, the blood of the women eating a Standard American Diet suppressed the growth of breast cancer cells a little bit, which is normal. Then they put these women on a low-fat, plant-based diet and they had them take an exercise class every day.

Twelve days later, they took more blood from the same women, dripped it on the breast cancer cells again, and the women's blood stopped the cancer growth between 6% and 18%, and increased apoptosis—which is cancer cell death—between 20% and 30%. This was after only 12 days on a plant-based vegan diet. 12 days! Isn't that amazing?

So how do meat and dairy promote cancer? One way is by raising Insulin-like Growth Factor-1. IGF-1 is a growth hormone produced by your liver when you eat animal protein and it's linked to cancer growth. When you stop eating animal products, your blood levels of IGF-1 drop significantly. IGF-1 promotes cancer growth. So you want to remove it from your body as much as possible.

The second connection between animal products and cancer is an amino acid called methionine. Cancers of the colon, breast, ovaries, melanoma, leukemia, and many more, all require methionine to survive. Without methionine, they die. This discovery was made in… wait for it… 1974.

The highest sources of methionine are animal foods. Beans are the highest source in the plant kingdom but milk, eggs, and red meat all have about twice as much methionine as beans. Chicken and fish have five to seven times more methionine than beans. Vegetables, nuts, and grains are extremely low, with less than half the methionine of beans. Fruit has basically zero methionine. So, animal food has high levels of methionine and raises IGF-1 in your body.

A third factor is iron, especially heme iron, the highly absorbable form of iron found in meat. The cancer research community has known for years that excess iron causes free radical damage and promotes cancer growth. Get this. A 2008 study published in the Journal of the National Cancer Institute found that male heart disease patients who gave blood every six months had a 37% reduction in cancer incidence, and those who developed cancer had a much lower risk of death. The patients who didn't develop cancer had much lower average blood levels of iron than those who did. And the study concluded that iron reduction was associated with a lower risk of cancer and of death from all causes.

On the flip side, a 2007 study in the same journal found that the risk of cancer is over five times higher in the first six months after a person receives a blood transfusion, probably because of the massive influx of iron. After two years, the risk is almost back down to normal, but does stay slightly elevated for some cancers for as long as 10 years.

Anemia (low iron) is a common side effect of chemotherapy and radiation treatments, and two ways they treat anemia are… Iron IV infusions and blood transfusions. But I digress. Ok, so IGF-1, methionine and heme iron in animal products are all part of the cancer equation.

Beyond that, dairy has over 60 different hormones in it. The purpose of cow's milk is to grow a baby calf from a 65 pound newborn to over 500 pounds in a matter of months. It's baby cow growth formula. You don't want to put baby cow growth formula in your body. It's not doing your body good. It's promoting weight gain and cancer growth. Cut out milk, cheese, butter, yogurt—all dairy.

My anti-cancer diet had two major objectives. First, eliminate all food that might be a burden to my body and promote cancer: processed man-made food and animal food. The second objective

was to overdose on nutrient dense food from the earth that would support my body's ability to repair, regenerate, and detoxify. I wanted to saturate my body with vitamins, minerals, enzymes, antioxidants, and the thousands of phytonutrients and anticancer compounds in plant food.

Less than a third of Americans eat two servings of fruit and three servings of vegetables per day. That was me before cancer. I went from eating one, maybe two servings of fruits or vegetables per day, on a good day, to eating between 15 to 20 servings of fruits and vegetables every single day. In Module 1, I talked about taking massive action. That's what massive action looks like. Imagine how much your internal terrain would change if you went from eating one to two servings of fruits and vegetables per day to 15 to 20 servings of fruits and vegetables per day.

The first way I did this is was through juicing. But in order to understand juicing, you have to think about what happens when you eat. When you eat food, you juice it in your mouth. Your teeth are grinding it up and you're changing it from a solid into a liquid. Then once it's liquefied, you swallow it.

Digestion begins in your mouth, and your saliva contains enzymes that begin to break food down as you chew it. Let's say you eat an apple. You chew it up and swallow it. The liquefied part of the apple--the juice--passes through your intestinal wall into your bloodstream and circulates throughout your body, and feeds your cells. The larger particles that cannot pass through, like insoluble fiber, move through your digestive system and go out the back door. The better you chew the more nutrients you absorb.

Juicing releases about 90% of the nutrients in food, which is about three times better than you can do with your teeth. So juicing is an easy way to extract massive amounts of nutrition without having to sit down and chew through 20 pounds of produce every day.

I made 64 ounces of vegetable juice first thing every morning. And I drank it throughout the day. That's eight 8-ounce servings. I made it all in one batch because I didn't have the luxury of running my juicer eight times a day. So I had to figure out a way that I could make this radical diet change work for me.

Some people may tell you, “You have to drink the juice immediately after juicing." But you don't. Juice will stay fresh in the fridge for a couple days. Just make a big batch every morning and drink it throughout the day.

Juicing is especially helpful for late stage cancer patients because they typically have very low energy. Juice is easily absorbed. You don't even have to use any energy to chew. It goes straight into your bloodstream and it's bringing vitamins, minerals, enzymes, phytonutrients, and energy straight to your cells. It’s immediate clean burning energy.

My basic juice formula in 2004 was carrot, celery, beet, and ginger root.

Carrots are high in vitamin A, alpha carotene and beta carotene. One 8-ounce cup of raw carrot juice has over 45,000 international units of vitamin A. Vitamin A is good for your liver. It promotes liver detoxification, but I don't recommend vitamin A it in supplement form. They've actually done studies where they gave vitamin A supplements to cancer patients and they got worse. So you want it to come from a whole food like a carrot.

Carrots are also rich in vitamin B6, vitamin E, vitamin K, potassium, calcium, magnesium, iron, flavonoids, carotenoids, lycopene and lutein. This is all in carrots! And all of these nutrients work together synergistically to feed your cells, inhibit the growth of many different cancers, and stimulate your immune system.

Also carotenoids and vitamin A have a strong ability to protect you from cancers caused by viruses, chemicals and radiation. One of the most powerful anticancer compounds in carrots is falcarinol. Falcarinol has antibacterial, antifungal, anti-inflammatory, immune-boosting, and anticancer properties, specifically against leukemia and colon cancer. Falcarinol is also in celery, parsnips, parsley, coriander, cilantro, and ginseng.

Beets are high in antioxidants. Like carrots, they're also rich in carotenoids, lycopene, and vitamin A, but beets have a special phytonutrient called proanthocyanidin, which gives them their red color. And they contain betaine, which is anti-inflammatory. Beets are a good source of vitamin C, folate, manganese, and potassium. They can lower your blood pressure and even improve athletic performance. Beets are fantastic! So don't be afraid of carrots and beets because someone told you they're too sweet. These are potent, anti-cancer foods. You want them in your body.

Celery contains falcarinol, vitamins A, C, and K. as well as minerals like potassium, calcium, and magnesium, and some noteworthy anti-cancer flavonoids: apigenin and luteolin, which help block angiogenesis, the process by which tumors form new blood vessels. Research from Ohio State demonstrated that apigenin could stop breast cancer cells from inhibiting their own death. In other words, apigenin makes breast cancer cells mortal again. And then they die like a normal cell.

Apigenin is an aromatase inhibitor. Aromatase is an enzyme that helps produce estrogen, which can promote the growth of certain types of cancer. There's even a class of chemotherapy drugs that are aromatase inhibitors like Aromasin. Apigenin also activates a tumor suppressor gene called P53 and makes cancer cells more sensitive to chemotherapy. So for patients taking chemo, celery and other foods with apigenin could help the chemo kill more cancer cells.

Luteolin helps protect your cells from DNA damage. Other good sources of luteolin are artichokes, parsley, and chamomile tea. Make sure you buy organic celery. Conventional celery is heavily sprayed with pesticides.

Now let's talk a bit more about sugar and cancer. Cancer does feed on sugar. That's true. But every cell in your body feeds on sugar. You need sugar. The natural sugars in fruits and vegetables are good for you. It's the isolated, refined white sugar and corn syrup that are toxic, unnatural, and unhealthy. Carrots and beets contain all these powerful anti-cancer nutrients that I've just described to you, and the benefit of those nutrients far outweigh any potential negative related to their sugar content. I don't believe there's any negative to it. Carrot and beet juice are also staples in two of the most legendary anticancer nutritional protocols developed by Dr. Max Gerson and Dr. Rudolf Breuss. So don't worry about the sugar content in beets and carrots.

If you are drinking juice, it does need to be juiced fresh. But don't buy store-bought bottled juice because it's often pasteurized. And who knows how old it is? I didn't do it and I don't recommend you do either.

Make sure you are buying organic produce. That's really important because commercial produce has traces of pesticides, fungicides, herbicides, and chemical fertilizers. Those are all toxic. And we're trying to reduce our toxic load. You don't want that stuff in your body. Buy organic produce if you can find it, and if you can afford it. If you can't find it or afford it, don't be paralyzed. Just buy conventional. Eating conventionally grown fruits and vegetables is better than not eating them at all. The benefits still outweigh the risks.

The next juice ingredient is ginger. Ginger is a powerful antioxidant. It's anti-inflammatory and it's been demonstrated to shrink tumors and block the formation of tumor blood vessels.

Ginger is a cousin of turmeric, which is another incredible anti-cancer food and great to add to your juices. If you don't like the taste of ginger, drink it anyway. But go easy on the ginger at first because if you put too much in there, it’s going to be harder to drink it.

The Square One Juice Formula (32oz)

- 3-5 carrots
- 1-2 stalks of celery
- 1/2 a beetroot
- 1-2 beet greens
- 1 slice of ginger root
- As much turmeric root as you can stand
- 1/4 of a lemon or lime unpeeled
- Half a green apple
- 1 clove of garlic

I didn't juice leafy green vegetables, because you can’t get much juice out of them. So I prefer to eat leafy green vegetables whole or blend them up in a smoothie—that way you get the whole thing— I always felt like I was wasting a lot trying to juice leafy greens. So I stopped doing it. The Gerson therapy does involve juicing leafy green vegetables. And some juicers do better with them than others. For example, the Norwalk juicer will juice them well. And the Omega Juicer works pretty well with leafy greens too. I use a $300 Champion juicer, which I love. It's fantastic for carrots, and apples, and beets, and stuff like that, but it's not great for leafy greens.

The Norwalk Juicer is considered to be the best. It's a two-step juicer with a grinder and a press, but it’s expensive. If you want to get the maximum amount of juice out of your produce without spending $2500 on a Norwalk juicer, you can use a Champion Juicer as a grinder to grind everything into a pulp. And then you put the pulp in a Samson Juice Press and squeeze the juice out. These are both available on Amazon. The Champion plus a juice

press has been shown to produce a little more juice than the Norwalk, about 2 ounces more per pound of carrots. And it's only about $700, instead of $2500. But, full disclosure; I didn't do the two-step process because I didn't know about it in 2004. I just used my Champion Juicer.

Here's what my daily juice routine looked like. Every morning I would get up and I would make 64 ounces of carrot juice. And it took about an hour to make all the juice and clean the juicer. So you have to make this a priority and make time for it. You just have to get up earlier to get this done. Then take the juice and store it in Mason jars to keep it fresh in small servings. Just fill it all the way to the top, put the lid on, and put it in the fridge, or take them with you in a cooler to work.

Then drink a juice about every hour or so. That way you're dosing throughout the day. Think about this like medicinal food. Every hour or so, you drink a juice. It's really simple. On the Gerson therapy, they drink 13 juices per day. I only did eight. One thing you need to be prepared for is if you drink a lot of carrot juice, you're going to turn orange.

Really orange. My skin, head-to-toe, was orange.

If you consume too much beta carotene, more than you can use, your body will store it in your skin. This is actually called carotenemia and it will go away once you cut back on the carrots or beets. So it's not a big deal. Jaundice will turn your eyes yellow. Yellow eyes means you have a sick liver. Your eyes will not turn yellow from drinking too much carrot juice, only your skin...

A few other good juicer brands are Breville, Omega, and Green Star. Those are all in the $300 to $450 range. I don't think it's necessary to spend more than $450 on a juicer but again, if you want to add a juice press, you will spend around $700. And you will get as much juice or more as a $2,500 Norwalk juicer. As far

as cheap juicers go, Consumer Reports highest rated $100 juicer is the Juiceman JM8000S.

By the way, you can also find used juicers on eBay, Amazon, Craigslist, and at yard sales. Don't let your circumstances stop you. There's a lot of ways you can get your hands on a juicer. Ask your friends on Facebook if they have a juicer you can borrow. Chances are someone you know has a juicer that's collecting dust in a kitchen cabinet or in their attic. Just let people know what you need, and they will help you.

Now, I want to go over a few other juice formulas: the two Gerson juice formulas, and the Breuss Juice formula. First is the Gerson Carrot Apple Juice, which is equal parts carrot and green apple. Three large carrots equals about one apple. That's the Gerson carrot apple juice, very simple.

Gerson Green Juice
- 1/4 - 1/2 head of red, green, or Romaine lettuce, no iceberg
- 2-3 leaves of escarole
- 2-3 leaves of beet greens
- 5-6 leaves of watercress
- 2-3 leaves of red cabbage
- 1/4 of a green bell pepper
- 1-3 leaves of Swiss chard
- 1 Granny Smith apple

Gerson recommends you core the apples. I personally don't core them. I like to include the seeds.

Breuss Juice
- 1 beet
- 1 carrot
- 1 celery stalk
- 1/2 a potato
- 1 radish

Ok I've just given you four juice formulas: my juice blend, the Gerson carrot apple, the Gerson green juice, and the Breuss juice. Just alternate. They're all wonderful. And you can even experiment with your own juice blends. Also straight carrot juice is really good too. And some days that's all I drank.

I know several people that have healed their cancer with just carrot juice. There are several interviews on chrisbeatcancer.com if you haven't seen them. You can do a search in the search bar for carrot juice and you'll find an interview with my friend, Ann Cameron, who cured her stage 4 cancer with carrot juice alone, nothing else: didn't change her diet, no supplements, just drank 40 ounces of carrot juice a day. My other friend, Ralph Cole, did the same thing.

I'm not saying carrot juice alone will cure your cancer. I have no idea. But there are some remarkable testimonials out there that demonstrate the anti-cancer power of carrot juice. But don't think drinking one juice a day is going to help. That's not enough. You need to overload on vegetable juice. Drink tons of it. If you're broker than broke, and can't afford to do anything else, at the absolute least, drink 40 ounces of organic carrot juice per day.
All right, now the next component in my anti-cancer diet was the giant cancer-fighting salad. I ate it every day for lunch and dinner.

The point is to keep it very simple.

You need a very simple strategy here. You don't need to be worrying about what you're going to eat. So we're going to eat the same thing every day. Drink lots of juice and eat the giant salad every day. It's very simple. There are a few other things you can eat, too, which I'll get into in the next module.

But first let's talk about the giant salad. Before I explain what's in it, I want to tell you about a couple studies. In January 2009, there was a study published in the journal *Food Chemistry* that

compared the anti-cancer effects of 34 different vegetable extracts on eight different tumor cell lines. Basically the researchers took 34 different vegetables, juiced them, and then dripped the juice on different cancer cells to see what would happen. And some of the vegetable juices had strong anti-cancer effects.

The most powerful anti-cancer vegetable in this study was garlic. It stopped cancer growth completely in all the tumor cell lines that they studied, which included breast cancer, brain cancer, lung cancer, pancreatic cancer, prostate cancer, childhood brain cancer, and stomach cancer. Number two was leeks. No surprise there. Garlic and leeks are in the same vegetable family, the allium family.

The top ten anti-cancer vegetables in this study were mostly from two families, the allium family, which is garlic, onions, and leeks, and the cruciferous family, which includes broccoli, Brussels sprouts, cauliflower, kale, and cabbage. Two other potent anti-cancer vegetables not in either of those families were spinach and beetroot. So doesn't it make sense to eat all of these vegetables every day?

For those of you who don't know my story, I adopted a 100% raw organic diet in the beginning. This is what I did. And this is what I recommend most people do right in the beginning. So I got a couple cookbooks and I was looking at recipes. And what I realized right away was a lot of these raw food recipes require a lot of food preparation time. And a lot of these recipes only involved a handful of ingredients. But I had a long list of vegetables that I wanted to be eating every day.

I didn't have this 2009 study that I just talked about, because this was in 2004, but I still wanted to eat all of these vegetables every day, so my default lunch and dinner was the giant salad. So I basically just said "forget it" with the recipe books and decided to eat the same thing every day. I knew I had to keep it simple or it

wouldn't be sustainable. Another interesting thing from the study is that the most commonly consumed vegetables in Western countries have very little anti-cancer effects. So the most commonly consumed vegetable would be the potato. I'm not against potatoes, it's a healthy food for sure, you can survive on potatoes alone for a year or more, but they don't directly kill cancer cells.

It's garlic, onions, leeks and cruciferous veggies that are the most potent anti-cancer veggies. And they account for less than 1% of the Western diet. Think about it. Your diet before cancer was like 1% anti-cancer. Now we're taking it to 100% anti-cancer.

A couple of honorable mentions in the study: asparagus, green beans, radishes, and even rutabaga, are also very potent anti-cancer foods. To this day I have no idea what rutabaga tastes like.

Now let's talk about the ingredients to the salad. First get a big bowl. Then you start with some leafy greens. Add a little bit of kale and spinach, Swiss chard, watercress, arugula. Then add broccoli or broccoli sprouts, cauliflower, purple cabbage, a slice of red onion, red, yellow, or green peppers, and then you could put a few nuts in there like almonds and walnuts, and then some sprouted lentils or beans like garbanzo or mung beans. Some days I would put avocado on the salad, as well.

This is a giant salad and it will fill you up. And it does take some time to eat it, because there's a lot of chewing. But it's amazing. You will learn to love this salad, even if you're not a salad person. When you first eat it, maybe you won't be crazy about it, if you just don't like vegetables. But your taste will change in a week or two and then you will start to crave it. You will love this salad.

Now a little bit about the beans and sprouting. Beans have some significant anti-cancer compounds, like IP6. And sprouting unlocks enzymes and nutrition in beans. So sprouting is

wonderful. Beans are still healthy unsprouted. Sprouting is very easy. All you need is a Mason jar and some seeds. Just google it.

One of the most potent anti-cancer foods is broccoli. But broccoli sprouts are super-duper potent, way more than mature broccoli. Studies have shown that just one serving of cruciferous vegetables per day could cut the risk of breast and prostate cancer in half. That's just one serving. And we're talking about way more than one serving per day.

Here's a quick anatomy lesson. The first line of defense of your immune system is immune cells in your intestines called intraepithelial lymphocytes. These cells are covered in aryl hydrocarbon receptors. Broccoli and other cruciferous vegetables have an anti-cancer compound called indole-3 carbinol, which activates the aryl hydrocarbon receptors on your intraepithelial lymphocytes. That means they supercharge your intestinal immune cells. Bottom line, indole-3 carbinol is an immune boosting compound in cruciferous vegetables.

Cruciferous veggies also contain a compound called sulforaphane. Sulforaphane is a sulfur-based compound that is the most potent phase 2 liver detoxifier known. And it's created by a chemical reaction that happens when you chew broccoli. Broccoli sprouts contain roughly 25 times more sulforaphane and about 100 times more indole-3 carbinol than mature broccoli. So broccoli sprouts are truly an amazing detoxifier and anti-cancer superfood. Most grocery stores have broccoli sprouts right next to the alfalfa sprouts in the refrigerated produce section. And you can buy broccoli seeds at most health food stores or on Amazon, and sprout your own broccoli sprouts. Now, because sulforaphane is so potent in broccoli sprouts, it's recommended that you not eat more than four cups per day.

Another ingredient on my salad is mushrooms. Mushrooms are a powerful immune-boosting, health-promoting food. And daily intake of mushrooms can have significant anti-cancer effects in your body, especially for breast cancer.

Estrogen positive breast cancers need estrogen to grow. So, of course, you want to eliminate estrogen from your body. Not eating animals is one way to do that, and losing excess body fat is another. But, breast cancer tumors can also synthesize their own estrogen by converting testosterone to estrogen with an enzyme called aromatase.

Earlier in this talk, I mentioned that apigenin in celery is an aromatase inhibitor, but white button mushrooms have been shown to suppress aromatase by 60%, better than any other vegetable or mushroom tested. Mushrooms also boost immune function and reduce inflammation.

Eating one cup of cooked white button mushrooms per day has been shown to accelerate the secretion of immune system antibodies in your saliva called immunoglobulin A, by 50%. That's good. You want that.

American women have a breast cancer rate that's six times higher than Asian women, and there are two dietary factors that contribute to the lower breast cancer rates in Asia. One is green tea. And the other is mushrooms. In 2009, researchers found that Chinese women who ate an average of 15 mushrooms a month—that’s half a mushroom a day—along with drinking 15 cups of green tea a month had a 90% reduced risk of developing breast cancer when compared to Chinese women who didn't consume green tea or mushrooms regularly.

Green tea and mushrooms are two easy things to implement into your diet. I ate raw mushrooms every day on my giant salads, but there are some recent studies that found it may be better to eat

them cooked instead of raw because cooking destroys a toxin found in raw mushrooms called agaritine.

The next step for the salad is to top it off with a naturally fermented food. Fermented foods contain beneficial bacteria that are good for your digestive tract. So I put sauerkraut on my salad. Traditional sauerkraut is three ingredients. It's cabbage, which is an anti-cancer food, water, and salt. Bubbies is my favorite brand, but you can also make your own. Just google how to make sauerkraut. An alternative to sauerkraut is kimchi, which is a spicy Korean version of sauerkraut with cabbage, onions, garlic, and pepper.

Another fermented food that I put on my salad was apple cider vinegar as part of my oil and vinegar salad dressing. There are numerous health claims that apple cider is a miracle food and good for all sorts of ailments. I don't know how much of that is true, but I do know that it's a great source of probiotics, potassium, and enzymes. And it tastes delicious. For the oil, I would use Bragg organic extra-virgin olive oil or a little organic flax oil. Barlean's is the best brand of flax oil. Lemon juice is a great substitute if you really don't like apple cider vinegar. But I love it. You can use apple cider vinegar or lemon juice or both.

Now, late stage cancer patients may have difficulty metabolizing fat, and may do better without the oil. There's some debate on oils, whether or not they are healthy, but I did have oil on my salad every day. And it may have helped by giving me some extra calories and a little bit of oil can also increase the absorption of fat soluble nutrients in vegetables, but knowing what I know now, I would not use as much. One to two tablespoons tops. Patients on the Gerson therapy are only allowed to have flax oil, but there is an anti-cancer compound in olives and olive oil called oleocanthol. So that makes me feel a little bit better about olive oil.

Next I topped the salad with these anti-cancer spices: oregano, garlic powder, turmeric or curry powder, cayenne pepper, and black pepper, and Bragg Organic Sprinkle, which is a blend of 24 different herbs and spices. So, all those spices plus the apple cider vinegar, lemon juice, and a little bit of olive or flax oil make an amazing super nutritious and delicious salad dressing.

Like I said, I ate the giant cancer fighting salad every day for lunch and dinner. Eating the same thing every day sounds boring I know, but I found that I really started loving it. And that's all I wanted to eat. It made me feel good, and it kept my life very simple. And that's what you need right now.

You need as simple a strategy as possible.

What we're doing is we are putting as much potent anti-cancer nutrition in your body as possible every single day. We're overdosing on nutrition. We're giving your body all the ammunition and firepower that it needs to fight cancer and to repair, regenerate, and detoxify. Like I said in another module, you're building a new body with every bite you take. You're putting the highest quality raw materials into your body that it's going to use to rebuild.

Here's an alternate method to consuming the salad. I call it the Blended Salad or the Salad Smoothie. So for cancer patients that have a hard time chewing, or if you're on a liquid diet, you can take all of the ingredients of this salad and dump them in a blender. Then add enough water to blend it into a liquid and completely liquefy it and make it easy to drink. This is also great way to take it on the go, or if you're just tired of chewing, then just liquefy it and drink the thing. Now it's going to taste kind of weird. If you put a lot of lemon juice or apple cider vinegar in it, then it will definitely have more flavor. But when you blend a lot of vegetables together, it's just going to taste kind of weird and bland. But that's fine. You're not drinking it for the taste.

Even if you have to hold your nose to get it in your body, just do it.

There are way worse things in the world than this. You can also take the Blended Salad, transfer it to the stove, warm it up, and then eat it like soup. So if you're craving something warm, just warm it up a little bit. You can also fully cook it if you have a hard time digesting raw vegetables in the beginning. If the salad causes painful gas and bloating, this could also mean you have SIBO, which is small intestinal bacterial overgrowth.

If you have an overgrowth of bad bacteria, when you start eating high-fiber food, and raw fruits and vegetables, there's a reaction that happens, because you don't have the right bacteria in your gut to digest it. So your body is kind of like, "Argh! What's happening?!"

The bacteria in your gut is determined by the diet you eat. So if you eat a lot of meat and dairy, you're going to have a very different bacterial composition in your gut than if you eat a lot of fruits and vegetables. Your gut could also be affected by treatment. Antibiotics and chemotherapy drugs can destroy your population of healthy gut bacteria and damage the lining of your gut. But the good news is, the gut heals quickly, and within two weeks of eating a plant-based diet, your gut bacteria will change dramatically, and your digestion will improve and you shouldn't have any problems, assuming you don't have permanent gut damage from treatment.

But in the beginning, you may have some bloating or cramping or excess gas. Gas is not a problem. People around you might not appreciate it, but don't worry about it. If you're getting painful cramping, then you should liquefy the salad and cook it like soup. Cooking breaks food down and makes it easier to digest and absorb than when it's raw, especially vegetables. And don't worry that cooking is destroying the nutrition, it isn't. Also taking a

digestive enzyme and/or a hydrochloric acid supplement with the salad might help with digestion as well.

Ok, so there are three ways you can get all of these cancer-fighting veggies into your body: the Giant Salad, the Salad Smoothie (blended up in the blender), or the blended and cooked soup-version of the salad. All of those options are great. Just get these veggies in your body twice a day every day.

Now, let's talk about those spices, because you do not want to leave these out.

Turmeric is one of the most potent anticancer spices, like ginger.

There are hundreds of studies on the anti-cancer compounds and effects of turmeric. Curcumin is one of the active anti-cancer compounds in turmeric. It has been shown to inhibit the growth of bone cancer, breast cancer, brain cancer, colon cancer, liver cancer, pancreatic cancer, stomach cancer, bladder cancer, kidney cancer, prostate cancer, leukemia, ovarian cancer, melanoma, and more. Curcumin is an awesome anti-cancer compound.

It has the ability to block every stage of cancer development from cell mutation, which is like the beginning of cancer, to tumor growth, to metastasis. It directly kills many different types of cancer cells, and it does not hurt your healthy cells.

For years, the pharmaceutical industry has been interested in making a drug out of curcumin. But they have not been able to because every time they change it on a molecular level, in order to create something new that they can patent, it doesn't work. Most people in the cancer research industry know how powerful curcumin is. And yet, most cancer doctors are still not recommending it. And that’s a shame.

Curry powder is a common spice in Indian and Asian cuisine and it's typically a mixture of turmeric, coriander, cumin, and other spices like fenugreek, black pepper, and red pepper. I put turmeric or curry powder on everything. I put it on my salads, on cooked veggies. I also put a tablespoon of organic turmeric powder in a fruit smoothie every day.

Black pepper enhances the absorption of turmeric by as much as 2,000% in your body. So add a little bit of black pepper to turmeric when you're putting it on something you're eating. Turmeric is great on any type of vegetable dish, whether it's potatoes, beans, rice, or salad.

I put oregano on my salad because it's a potent antioxidant and antimicrobial. One teaspoon of oregano has the same antioxidant level as two cups of red grapes, and it has the flavonoid quercetin, which is an anti-cancer compound found in apples and onions. Oregano is also a good source of vitamin K and iron.

Garlic is on the salad because it's one of the most potent anti-cancer foods. Garlic and turmeric together are incredible. The World Health Organization recommends adults eat a clove of garlic every day. I recommend at least three cloves a day of garlic if you're trying to get well. Just take a whole garlic clove, and crush it in a garlic press, or chop it into little bits and swallow it with a swig of water or juice. Three times a day. Simple. You can also add it to your juices. (Black garlic is even more potent an easy to eat straight)

Now, you know what happens when you eat a lot of garlic, you are going to reek. You're going to smell like an Italian restaurant. And you're just going to have to apologize in advance to the people around you and say, "Hey everybody, I'm eating a lot of garlic because it's part of my anti-cancer diet right now. And I smell crazy, so brace yourself."

The final spice on the salad is cayenne pepper. Hot peppers contain an anti-cancer compound called capsaicin. That's what makes them hot. Capsaicin tells cancer cells to die. So hot, spicy food is awesome against cancer. The hotter the better. And cayenne adds a delicious spicy kick to the salad. If you don't like spicy food, I want to encourage you to start spicing up your food. You will learn to love it.

India has much lower rates of many types of cancer, and they eat a ton of spices like garlic, turmeric, and hot peppers. And their diet is largely vegetarian. Coincidence? I think not.

Recently I discovered the special anti-cancer effects of another spice common in Indian cuisine and often used in curry powder: cumin. Years ago, one of the oncologists I saw recommend that I take a baby aspirin every day because according to some studies, taking a baby aspirin every day reduces the death rates of certain types of cancer, like colon cancer. I didn't take his advice because taking aspirin every day also comes with risks, like intestinal bleeding. Taking a baby aspirin daily is unnecessary if you get the diet right.

The cancer death rate in Japan in the 1950's was lower than all of the studies of people taking a daily aspirin, between 3 and 10 times lower, depending on the type of cancer. The Japanese weren't taking aspirin every day; they were simply eating a plant-based diet.

There are a long list of fruits, vegetables, and spices that are naturally rich in salicylic acid, which is the anti-cancer compound in aspirin, and the highest of all may be cumin. One teaspoon of cumin is the equivalent of a baby aspirin. Like I said, cumin is an ingredient in curry powder, and I think it's a good idea to try to get a teaspoon of cumin every day in your body.

One more tip. To avoid contamination from lead and other pollutants, make sure your spices are all organic.

That concludes part one of the anti-cancer diet. In part two I'm going to cover the most potent anti-cancer fruits, my fruit smoothie recipe, my daily anti-cancer routine, whether or not you should ever eat animal protein, modifications you can make to the diet over time depending on your specific needs, the ketogenic diet, and more.

Module 4
The Anti-Cancer Diet Part 2

Here's what we're going to cover in this module: the most potent anti-cancer fruits, my daily anti-cancer routine, whether or not you should eat cooked food or animal protein (it depends), the best practices for healthy meat eating, and my thoughts on the ketogenic diet for cancer patients. So, let's get started.

In part one, I mentioned a study where they dripped vegetable juices on cancer cells to see which had the most powerful anti-cancer effects. (Remember the winner was garlic.) There was a similar study done with fruit. Researchers at Cornell dripped extracts of 11 common fruits on human liver cancer cells and here's what happened.

Bananas and grapefruit cut the cancer cell growth by about 40%. Red grapes, strawberries, and apples were even more effective, cutting liver cancer cell growth in half with a dose that was half as much as the bananas and grapefruit. The winners of this cancer-killing fruit study were the tart fruits: lemons and cranberries. Both significantly cut cancer cell growth at a much lower dose than any other fruit.

Cranberries had the highest anti-cancer phenolic and antioxidant activity and cut liver cancer cell growth by 85% with only a third of the dose of apples and strawberries. Lemons came in second place. And the higher the dose, the more effective they all were.

Of course, dripping fruit and vegetable juice on cancer cells in a lab is different than what happens in your body. But hey, if these foods are killing cancer cells in the lab, then it makes sense to get

them into your body. So cranberries and lemons were the top dogs in this study.

Now, you can get lemons anywhere. The trick with cranberries is finding them, because they're seasonal, and finding them organic. And they're also very, very tart and hard to eat fresh. Usually dried cranberries also have added sugar and oil, so that's not a great option either. Your best bet with cranberries is to buy organic freeze dried cranberry powder on Amazon and add it to juices or smoothies.

Another delicious juice recipe, that I didn't mention in part one, is Green Lemonade. And it's very simple. It really only needs two ingredients, one whole organic lemon and four organic Granny Smith apples. Cut up the apples and the lemon, run them through the juicer, and you will have some delicious, powerful anti-cancer green lemonade. And you don't need to peel them or take the seeds out. Peels and seeds both contain anti-cancer compounds.

There's a really interesting 2010 University of Wisconsin study where they took organic apple peels, blended them up, and dripped them on breast and prostate cancer cells. The apple peel extract was shown to reduce the growth of prostate and breast cancer cells by turning on a tumor suppressor gene called maspin. Apple seeds also contain amygdalin, aka B-17, which is an anti-cancer nutrient also found in seeds like apricot kernels and grape seeds.

Berries are the most potent anti-cancer fruits. They can protect and repair damage from oxidative stress and inflammation. They have unique anti-cancer and immune-boosting compounds including: ellagic acid, anthocyanin, OPC, and caffeic acid, so you want to eat berries every day. You can eat them fresh or frozen; just get them in your body. I eat berries every day in a smoothie. Most grocery stores now sell mixed bags of frozen organic berries: blueberries, blackberries, raspberries, strawberries, and

sometimes cranberries. Costco has GIANT bags of mixed organic berries. My go-to smoothie in 2004 was two cups of berries, a banana, and the juice and meat of a fresh young coconut all blended together.

(The best tool to use to open coconuts is called the Coco Jack. I made a video about it a few years ago, just google how to open a coconut in three seconds.)

Now, if you can't get coconuts, it's no big deal. Just blend a handful of almonds or walnuts in filtered water and that will give you a nut milk base for your smoothie. Two cups of berries, a banana, and coconut or nut milk will make a snack size smoothie. If you want to make a giant smoothie for a meal or to share, then do 3-4 cups of berries, a handful of almonds and walnuts, 1-2 bananas or 5-10 dates, and a couple handfuls of spinach or kale.

There's a ton of stuff you can add to your smoothies to amp up the nutritional value. You can add eight ounces of pure aloe vera gel from Stockton Aloe. You can add flax seed, hemp seed, and chia seed. You can put in superfoods like: goji, açaí, mangosteen, moringa, and matcha green tea powder. You can put some broccoli and cauliflower in there. Just have fun with it and experiment. As long as you're putting in whole foods from the earth, you're doing it right. When I was healing cancer, I had a small smoothie as an afternoon snack. Now I have a giant one for lunch every day, or you could have it for breakfast.

Another great breakfast option is oatmeal. Gerson therapy patients eat oatmeal every morning. Start with organic oats, you can do whole oat groats, steel cut, rolled oats, quick oats—it doesn't matter. Just make sure they're organic. Then add fruit like: blueberries, blackberries, raspberries, strawberries, black currants, raisins, figs, apricots, bananas, they're all great. Add cinnamon to amp up the anti-oxidant content. You can also add flax, hemp seed, chia seed, pumpkin seeds, almonds and walnuts

to your oatmeal if you need more calories. If you don't have any fruit on hand, you can sweeten it with date sugar, which is just dried ground up dates. Or blackstrap molasses, which is the highest antioxidant sweetener, and is rich in minerals like iron, potassium, calcium, and magnesium. And that's how you make a super healthy delicious bowl of oatmeal.

The most potent anti-cancer berry that I know of is called amla.

Amla has several different names. It's also known as amalaki and as the Indian Gooseberry. Amla has been used for centuries in Indian Ayurvedic medicine. Everyone from India knows about amla. The amla berry looks like a cross between a green grape and a ping-pong ball. And it has the highest antioxidant content of any food on earth, roughly 200 times the antioxidant content of blueberries. It also has a high concentration of vitamin C, second only to camu camu. Just to put this in perspective, the average American meal has 25 to 100 units of antioxidants. One teaspoon of amla powder has nearly 800 units of antioxidants. Why are antioxidants important? Because they neutralize Reactive Oxygen Species, also known as free radicals.

Free radicals are created in our body every day as a result of normal cell metabolism AND when we are exposed to toxic chemicals, radiation, and environmental pollution. Free radicals can damage other cells which can lead to cancerous mutation. AND cancerous tumors create free radicals in the body. So your body needs a steady supply of antioxidants to neutralize them. Chemo and radiation therapy produce mega-loads of oxidative stress and free radicals in the body. So you really, REALLY need antioxidants if you're doing chemo and radiation because they will deplete your body's level of antioxidants very quickly. This is rarely talked about, but many cancer patients suffer from symptoms identical to scurvy, which is a disease caused by vitamin C deficiency, because chemo and radiation treatments

have severely depleted the vitamin C in their body. Cancer patients need vitamin C!

Ok, now back to amla. This is an amazing fruit. In one study they tested amla against six different human cancer cells: lung, liver, cervical, breast, ovarian, and colon cancer. And it stopped the cancer growth completely. It killed the existing cancer cells, reduced their population by over 50%, and blocked their ability to spread.

Another study showed that 3/4 of a teaspoon of amla per day worked better at lowering high blood sugar than the diabetic medication Glyburide. It also cut bad cholesterol and triglycerides in half, and boosted good cholesterol after three weeks. This is an amazing anti-cancer, anti-diabetes, anti-cholesterol medication that's not even a medication. It's just food! I added amla to my anti-cancer diet in 2004 and it is still part of my diet today.

There's one problem with amla though. It tastes terrible. It's bitter, sour, and pithy, all at the same time. The way I used to take it in a product called Dabur Chyawanprash, which is a sweet and spicy paste. I love it. Years later I found organic amla powder on Amazon. It's about $20 for a pound and it lasts a long time. So that's how I take it now. Start with a 1/4 teaspoon three times per day added to juice, water, or a smoothie.

Now I'm going to walk you through my daily anti-cancer routine.

First thing in the morning I drank 16 to 24 ounces of filtered water. I had a distiller back then—now I use a Berkey water filter. So first thing, 16 to 24 ounces of water. Why? Because it hydrates you and gets your bowels moving. I like to add things like amla and moringa, greens powder, lemon juice, and I often steep a bag of tea in the water overnight like Jason Winters Tea, green tea, or hibiscus tea.

Next would be 10-20 minutes of morning exercise. Walk. Jog. Ride your bike. Jump on a rebounder. Yoga. Push-ups, workout DVD, whatever. Just get your blood pumping and your lymphatic system moving, and get a little sweat going. After that I would take a shower and then 30 minutes or more of devotional time, reading the Bible, journaling, affirmations, and prayer.

The next step was to make my juice for the day—I made 64 ounces of juice. That's eight 8-ounce servings to drink throughout the day, stored in airtight mason jars. Most days I would skip breakfast and drink juice through the morning. Midmorning I might have a piece of tart fruit like a green apple or a grapefruit, but any fruit is wonderful. Don't be afraid of fruit because it's sweet. Fruit is awesome. So any fruit you enjoy—eat it: pineapple, cantaloupe, watermelon, oranges, or kiwi, eat any fruit you want to eat. You didn't get cancer from eating too much fruit.

If you need more calories, go with organic oatmeal for breakfast. Lunch is the Giant Salad. The fruit smoothie is a great afternoon snack and it can also be breakfast or lunch, but if you have cancer, I think it's important to make sure you get two giant salads in your body every day. If you are hungry between meals that means you need to eat more. Eat bigger meals. But you can also snack on almonds or walnuts, or on fruit. Eat an apple. Eat a banana. Have a few oranges. Eat some dates or figs. Like I said, don't be afraid of the sugar in fruit. Fruit is good.

10 to 15 minutes before lunch and dinner, squeeze in some light exercise, like bouncing on the rebounder, a quick walk, jog, yoga, anything. That's an easy way to remember to do it, just to get it into your routine. Obviously you don't want to get sweaty three times a day because then you're going to feel the need to bathe three times a day, so rebounding or brisk walking is great because you're moving your body and your lymph, without breaking a sweat and getting B.O. Taking a walk after dinner is a great thing

to do with the family too. We love to do that when the weather is nice. So again, movement before or after dinner or both.

And dinner is another giant cancer-fighting salad... The first 90 days of my protocol was 100% raw fruits and vegetables. Juicing, giant salads, and fruit smoothies, all raw. And I think that's a great place to start for the majority of cancer patients.

Now, this diet is meant to be tweaked based on your metabolic needs. If you're overweight, the raw diet will be perfect for you because you can eat as much as you want and you're going to lose weight. But if you're thin, with a high metabolism, and you're struggling to maintain your weight, then you need to eat more cooked food. After 90 days raw I added some cooked vegetables back into my diet. I lost a lot of weight with cancer. I lost more weight after surgery. I lost more weight when I went raw and did water fasts and juice fasts. At my lowest, I was 130 pounds, and I'm 6'2". So I was definitely underweight. I looked like Jack from *The Nightmare Before Christmas* and I just needed more calories than I was getting from a 100% raw diet. So, 100% raw is not necessary, but 100% plant-based is.

Like I said, if you're overweight, 100% raw will be great for you because you can stuff yourself with fruits and vegetables and you will still lose weight. Just keep the oils to a minimum because oils are the most concentrated source of calories you can eat. If you are overweight, it's because you have a very efficient metabolism, your body is really good at maintaining muscle mass and storing food as energy. You need less food than the average person which means you actually have a survival advantage. But because we've been conditioned to eat three times per day by the food industry, you've been putting more calories into your body than it needs and it's stored those extra calories as fat. The raw diet is naturally lower in calories than the Western diet, so your body will start burning any excess fat and you will eventually get back your ideal weight.

But I had the reverse problem and I needed more calories. It was a simple problem with a simple solution, so I added some cooked food back to my diet. I started by adding some cooked vegetables with dinner like: sweet potato, brown rice, quinoa, or lentils. Since then I've discovered black rice and red rice, which have higher antioxidant levels than brown rice, and they're delicious. All types of beans and peas are wonderful, black beans, garbanzo beans, black-eyed peas, green beans, split peas, chick peas, lentils. Any cooked vegetable you like is allowed. Just don't cook them in oil or grease, and no fried food. Boiling or steaming is best, baking is ok too.

Now, let's talk about meat. Along with some cooked veggies, my nutritionist also recommended adding a few servings of clean meat to my diet. He recommended I start with a serving of wild-caught Alaskan salmon or organic lamb a few times a week. At that point I had been on a raw vegan diet for 90 days. I'd just assumed I'd probably never eat meat again, and I was fine with it. I didn't change my diet because of an animal reason; I changed it for a health reason. I was trying to save my life, so I was willing to eat anything if I thought it could help me. I would've eaten cockroaches if I thought they could help my body heal cancer. So I didn't have any kind of resistance to eating meat again, except that I wasn't sure if it was healthy or not. But, I was willing to do whatever it took to get well, and I was definitely underweight, so I was open to adding a little bit of animal protein back to my diet.

Since then, I've learned that the healthiest populations around the world do eat a little bit of animal food, but not much. The healthiest, long-living people in Africa, Asia, India, South America, the Mediterranean, and the Middle East eat diets that are about 95% plant-based on average and only about 5% animal food. What we don't know is whether or not this small amount of animal food is actually health promoting or if it's just not enough to hurt them. In hindsight it may not have been necessary, but I added a couple

servings a week of either salmon or lamb along with cooked veggies like: sweet potatoes, brown rice, quinoa, and lentils with dinner, and those extra calories helped me get back to my normal weight.

Again, if you're trying to lose weight, juice through the morning, eat two giant salads for lunch and dinner, and eat fruit or a fruit smoothie as a snack. If you are trying to gain weight, definitely eat oatmeal for breakfast, the giant salad for lunch, fruit smoothie as afternoon snack, and then another giant salad with cooked veggies for dinner like: rice, beans, peas, lentils, and sweet potatoes.

This is a simple strategy. We don't need to reinvent the wheel here. We want to get the most potent anti-cancer foods in your body every single day. And consistency matters. If you do this for a few weeks and then go back to your old routine, it's not going to make any difference. But when you are pounding in 15-20 servings of vegetables and fruit every day, there is a snowball effect that happens in your body. You will gain momentum and accelerate the regeneration and restoration of your body. This of course is assuming you're not in such a late stage that your body just cannot recover. Occasionally that is the case for some cancer patients if they've been through all the treatments possible and the doctor says, "There's nothing more we can do." Sometimes it IS too late.

But look, you never know unless you try. So if that sounds like you, it's still worth going for it. Pull out all the stops because I've seen miracles happen when people make a radical diet and lifestyle change like this. I've met many stage 4 cancer patients who have been healed after they were sent home to die. Just keep it simple, follow this formula, enjoy your life, and the process.

Now I want to talk a little more about eating animal products.

But first, I want to make sure we are all on the same page. When I use the word “meat”, I’m not just talking about beef or red meat; I’m talking about ALL parts of all animals: the muscles, organs, and tissues of ALL animals. The term “dairy”, is anything that comes from the mammary gland of an animal: milk, cheese, butter, yogurt, and yes, that includes ice cream, gelato and frozen yogurt. The term “Animal Products” includes all of the above, anything that came from an animal: meat, dairy, eggs, bone broth, et cetera.

As I discussed in the Anti-Cancer Diet: part 1, knowing what I know now about how hormones, IGF-1, methionine, and heme iron in animal products can fuel cancer growth, I think what I did was a bit risky. I think the safest approach for cancer patients is to stay off all animal products for the first phase of your healing journey, at least 90 days and maybe even a few years. But for those of you who’ve been well for a few years, or if you’re doing this for prevention and you’re eating some animal protein, (hopefully no more than a few times per week), here’s some things you need to know about the safest, healthiest TYPES of meat and the best ways to prepare it.

In 2004, right around the time my nutritionist recommended that I add a little bit of animal protein back to my diet; I came across someone who made the case that we should follow the same dietary principles as the Israelites in the Old Testament.

Now, God gave the Israelites very specific dietary rules. They were allowed to eat all seed bearing plant food. But they were given specific rules as to which animals they were allowed to eat. Some animals were deemed unclean and were forbidden to eat. The first time I read those dietary laws, I was much younger, I thought they were completely arbitrary and I was told that they didn’t apply today. But what I now believe is true — is that these guidelines

are still valuable and if we follow them, we will have better health. The reason that God gave these dietary guidelines to the Israelites, to His chosen people, wasn't arbitrary at all. It was because He wanted them to be strong, healthy, and free from disease.

So let's talk about these guidelines. God told the Israelites they were allowed to eat land animals that had split hooves and chew their cud like: cows, goats, sheep and deer, but they were not allowed to eat dogs, cats, rabbits, pigs, horses, snakes or alligators. They could also eat any water animal with fins and scales. That includes most fish but excludes dolphins, seals, and whales, which are mammals, as well as shellfish. Birds like chicken, turkey, duck, and pheasant were allowed, but no birds of prey or scavengers like eagles, ravens, hawks, and vultures. There's a common thread here.

The land animals and birds they were allowed to eat were mainly herbivores that ate plants and insects but didn't kill and eat other animals. So God, in His infinite wisdom, forbid the Israelites from eating most carnivorous predatory animals and scavengers. ALSO, the Israelites were also not allowed to eat or drink blood from ANY animal. What we know now, thanks to science, is that these guidelines actually make a lot of sense. Here's why:

Scavengers are the garbage collectors of nature. And blood contains a lot of viruses, bacteria, parasites, and heme iron.

Scavengers eat dead rotting animals and they can carry a lot of disease. And carnivores kill and eat scavengers, so you don't want to eat these animals. Pigs and shellfish are the main scavengers that most of us eat. This includes bacon, sausage, ham, barbecue, shrimp, crabs, lobster, oysters, mussels, squid, and octopus. Many of the other scavengers, we just don't eat. We don't eat rats and vultures. They may in other countries, but not so much in most Western nations.

So, the Israelites had very specific dietary laws as to which animals they could eat and how the meat should be prepared. Meat prepared according to these ancient laws is called kosher and here's the process:

First, the animal must be free from disease or injury. Then it is slaughtered in a way that, if done properly, is instantaneous and painless to the animal. After that all the blood is drained and all the internal fat removed, then the meat is soaked in clean water for 30 minutes, and drips dry. Then it is salted for about 60 minutes, which draws out more blood. Then it's washed three times in cold clean water to remove the salt. Finally, it is dried, cut up, and packaged. The cleanest, healthiest meat you can eat is either wild-caught or killed, and prepared in a kosher manner, or organically-raised kosher meat. There's another interesting verse in Leviticus where God forbids cooking a baby goat in its mother's milk. I not sure if that has any health significance, but this is why orthodox Jews never eat meat and dairy together in the same meal.

So grass-fed, pasture-raised, and kosher is the cleanest, most humane meat you can buy. These are important principles, because if you do include a small amount of meat in your diet, this is the best way to limit your exposure to potential toxins in the meat — like cancer-causing viruses, bacteria and parasites. Or if you hunt, follow the kosher guidelines and soak and salt the meat to remove the blood. Now a little bit more about scavengers.

Pigs are disgusting. They're nature's garbage collectors. They'll eat anything. They'll eat dead animals and they even eat their own poop. Pigs don't sweat. And they store the majority of toxins that they collect in their fat. Barbecued pork is probably the most unhealthy, cancer-promoting meat you can eat.

I live in Memphis, Tennessee. It's like the barbecue capital of the world. And I was a barbecue connoisseur. I would regularly drive

across town to hole-in the wall barbecue joints and ate a lot of barbecue before I was diagnosed with cancer. Barbecue is especially bad is because the smoking process creates carcinogenic compounds in meat which I'll talk more about in a minute.

Like pigs, shellfish also clean up their environment. They absorb toxins and pollution in rivers, lakes, and oceans. There's a byproduct of uranium called polonium that has polluted our oceans because of nuclear weapons testing and waste from nuclear power plants. The largest source of our exposure to polonium comes from eating fish and shellfish because radioactive waste bioaccumulates in the tissues of these animals — and in you!

Here's some weird research; one meal of mussels was found to cause a 300% spike in polonium levels in human semen. So yes, toxins are also excreted in semen. And radioactive semen is definitely not a good thing. Use your imagination. FYI: Polonium is also found in cigarette smoke.

Moving on, it's not just shellfish we need to worry about. When a large fish eats a smaller fish, it absorbs all of the toxins, radioactive materials and heavy metals like mercury from that smaller fish — this is called bioaccumulation. And the higher up the food chain the fish is the more toxic it is. Tuna is a predator and eats a lot of smaller fish. Tuna contains high levels of mercury along with swordfish, shark, king mackerel, and tilefish. Do not eat those fish.

Another problem with our oceans is the radioactive fallout from the Fukushima meltdown, which happened in Japan in 2011, and is the largest nuclear disaster since Chernobyl.

In 2013, TEPCO (Tokyo Electric Power Company), admitted that 300 tons of radioactive water had leaked out of their storage tanks

and bluefin tuna have been found to be transporting radioactive waste from Fukushima across the Pacific Ocean as they migrate back and forth from Japan to California. Testing has revealed that Pacific tuna meat contains 10 times more radioactive material. So that's another reason not to eat tuna, besides mercury. But Fukushima didn't just cause ocean pollution; low levels of radioactive iodine and cesium have also been detected in rain, drinking water, grass, and milk samples all over the U.S. One test found that milk samples in San Francisco had 10 times the legal limit of radioactive iodine. The highest level of radioactive iodine in rainwater was found in Boise, Idaho. That's nowhere near the Pacific Ocean.

Other scavengers to avoid are: catfish, crawfish, shrimp, crab, and your favorite, lobster. They are all absorbing toxins from the environment. You don't want to eat them.

What's grosser than gross? In 2013, *Consumer Reports* found fecal bacteria in over half the ground turkey meat they tested. 90% of the samples had one or more strains of harmful bacteria, including salmonella and staph. And 60% of the samples had E. coli. And get this. The ORGANIC ground turkey was just as contaminated with bacteria as the conventional varieties. AND almost all of these harmful bacteria were antibiotic resistant, except for the ones they found in the organically raised antibiotic-free turkey.

In 2013, the FDA reported that 81% of turkey, 69% of pork chops, 55% of ground beef, and 39% of chicken parts in supermarkets were infected with an antibiotic-resistant superbug called enterococcus. This bacteria is the third leading cause of hospital infections. This report also found that 74% of poultry contained antibiotic resistant salmonella. Here's a fun fact:

Nearly 80% of the antibiotics sold in the US are used on animals that are being raised for food.

Roughly 30 million pounds of antibiotics are used on animals every year. That's four times the amount of antibiotics used on humans. Harmful bacteria in commercially-produced meat is a real problem.

The way we eat meat now is very different than our ancestors. Think about it. Our ancestors would raise livestock and kill it, or kill it in the wild, and then they would cook it and eat it immediately. They weren't shipping across the country. They weren't refrigerating it. And it wasn't being handled by multiple people. The more time that passes between when an animal is killed and when you eat it, the higher the risk of the meat having significant bacterial contamination.

It's very easy to protect yourself from this. Stop eating factory farmed meat.

By the way, ground meat is the worst. When meat is ground up, it exposes more surface area, which is a breeding ground for bacteria. Ground meat can contain as much as 100 million bacteria per quarter pound patty! And even if the meat is completely cooked, the dead bacteria still release endotoxins into your bloodstream, which causes an immediate inflammatory response in your body that typically lasts about five to six hours after eating animal protein. So if you think about people who eat meat three times a day, their body is in a state of chronic low-grade inflammation and endotoxemia.

Chronic low-grade inflammation can lead to a host of diseases: Crohn's disease, heart disease, diabetes, and cancer. These are just a few more reasons why you should keep your meat eating to a minimum. And you may find that once you stop eating meat, you have no desire to ever eat it again. But, if you feel like you need it every once in awhile, if you have a craving for it, once you've broken your addiction to it, after a few months... it's okay.

Listen to your body. If you have it every once in awhile, I don't see it as a big threat. But I think cancer patients should stay off all animal products in the first phase of healing.

Now, let's talk about the safest ways to cook meat. We know we have to cook it to kill the bad bacteria and viruses in there, but cooking meat at high temperatures also creates cancer-causing compounds called heterocyclic amines and polycyclic aromatic hydrocarbons, which have been linked to various cancers — kidney, colon, lung, prostate, and pancreatic cancer.

One study found that people with the highest consumption of meat cooked at high temperatures had a 70% greater risk of developing pancreatic cancers.

Fried bacon and fried fish are the worst. They have the highest concentrations of these mutagens, about five times more than beef or chicken. And chicken cooked without the skin had twice the levels of mutagens than chicken cooked with the skin on, and meat cooked medium rare has two-thirds less cancer-causing compounds than meat cooked well done. But when you eat undercooked meat, you risk exposing yourself to live bacteria and viruses, like salmonella, E. coli, bovine leukemia virus, and more.

So, you don’t want to overcook your meat and risk creating cancer-causing compounds, but you don’t want to undercook your meat and risk exposure to viruses and bacteria. So what do you do?

Well, for years, boiling meat in soups and stews was considered to be the safest cooking method because it kills pathogens, and doesn’t create those carcinogenic compounds. But in recent years there have been some new discoveries in the world of nutrition science with regard to safely cooking meat. Multiple studies have found that marinating meat with herbs and spices before cooking

blocks the formation of heterocyclic amines and polycyclic aromatic hydrocarbons.

One study found that a marinade blend with garlic, ginger, thyme, rosemary, and chili pepper reduced HCA production by 90% in pan fried beef. Another study compared different marinades on grilled beef steaks.

A Southwest marinade with paprika, red pepper, oregano, thyme, black pepper, garlic, and onions — all wonderful spices — reduced HCAs by 57%.

An herbal marinade with oregano, basil, garlic, onions, jalapeño, parsley, and red pepper reduced HCAs by 72%.

And a Caribbean marinade, which contained thyme, red pepper, rosemary, black pepper, allspice, and chives, reduced HCAs by 88%.

Another study published in *Food Control* found that just marinating in lemon juice could reduce PAH content by as much as 70%.

So the takeaway is, if you're going to eat meat, either cook it in a soup or stew, or marinate it in lemon juice, garlic, onions, jalapeños, oregano, paprika, red pepper, and black pepper, and that will dramatically reduce the formation of cancer-causing heterocyclic amines and polycyclic aromatic hydrocarbons.

Here are seven tips for healthy meat eating

1) The cleanest forms of meat you can eat are whole cuts of organic, pasture raised, grass fed, kosher meat, ideally from someone you know, who either raised it or killed it in the wild.

2) Ground meat is a bacterial bomb to your system. You should avoid it.

3) Undercooked meat also contains a lot of bacteria. So cook it thoroughly.

4) Even the DEAD bacteria in meat causes inflammation in your body, which is another reason why you don't want to eat meat three times a day, or even every day.

5) Overcooked meat contains cancer-causing compounds like heterocyclic amines and polycyclic aromatic hydrocarbons. Stay away from barbecue and charred meat.

6) Marinating or boiling in stews are the two safest ways to cook meat because these methods kill all the bacteria and do not create cancer-causing compounds.

7) The more meat you eat, the higher your risk for disease. Meat can be a cancer promoter. If you have cancer, stop eating animal products. If you want to prevent cancer, eat less meat. A few times per week or less is a good rule of thumb to follow.

Now let's switch gears and talk about the ketogenic diet for cancer. The ketogenic diet is a high fat, moderate protein, basically "no carb" diet that mimics fasting. When you fast your body goes into ketosis and switches from burning glucose for energy to burning fat. The hypothesis is that cancer cells primarily feed on glucose and have a hard time converting fat to energy, so the ketogenic diet starves cancer cells and they die.

I first learned about the ketogenic diet for cancer in 2012. I was intrigued by it as another possible dietary strategy to heal cancer, so I shared information about it on my site, thinking it might be a viable option for some.

In 2013, awareness of the ketogenic diet exploded. And since then, many others have jumped on the bandwagon trying to make a name for themselves as experts on the ketogenic diet for cancer, writing articles, creating websites, and writing cookbooks, etc. And I'll admit, at first glance, the hypothesis is compelling, but the more I researched it. The less confidence I had in it.

There's one study where the ketogenic diet combined with hyperbaric oxygen helped rats live a little longer, but they still died. And there's another study where the ketogenic diet made radiation work better for brain cancer in rats. And there's a viral article online claiming that the ketogenic diet works better than chemo for most cancers. One of the top researchers in the world on the ketogenic diet for cancer, Dr. Dominic D'Agostino has publicly stated this is false.

Bottom line is—the ketogenic diet has not cured cancer in rat studies or in human studies. And when evaluating a potential anti-cancer dietary strategy, it's important to look past all the hype and ask the most important question of all.

Where are the survivors? There are over 50 interviews on my site alone with people who've healed cancer with nutrition and natural

therapies. Their protocols typically involve a plant-based diet, juicing, supplementation, detoxification, and exercise, as well as spiritual and emotional healing — all the foundational things covered in the Square One course. These are time-tested methods, validated by the majority of long-term natural survivors alive today.

I've met a lot of cancer survivors, but I don't know any long-term survivors (over 10 years) who've used the ketogenic diet to heal. There are a few people online who've gotten a lot of attention for treating their cancer with a ketogenic diet in recent years, but I can count them on one hand. A few are doing well, but several have had their cancer return, and some have died. Remember, it doesn't matter how good the science sounds.

Survivors are the true test.

The ketogenic diet is an experimental diet. And while I'm all for self-experimentation, until there is a substantial list of long-term survivors who've reversed their cancers with the ketogenic diet, then my opinion is that the ketogenic diet is not the best anti-cancer diet. If nothing else worked would I give it a try? Maybe. But it would definitely not be my first choice.

Okay, now let's do a quick recap on what I've covered in this module.

Fruit is great. Don't be afraid of the sugar in fruit. You didn't get cancer from eating too much fruit. The most potent anti-cancer fruits are berries. Blueberries, blackberries, raspberries, strawberries, cranberries, and tart citrus like lemons. AND the most potent anticancer berry of all is amla, the Indian Gooseberry.

Based on all the nutritional science and patient-centered evidence I've seen, if you have active cancer, or if you have a high risk of recurrence, I believe the best first step is to adopt a 100% raw

organic plant-based diet, rich in a variety of fruits and vegetables for the first 90 days, after which you can add some cooked food if you need more calories. And even though I added a little bit of animal protein back to my diet after 90 days, I'm not convinced that it was the best idea. Clearly it wasn't enough to hurt me, but it was risky.

Beyond that, and for those of you who are into prevention, meat may be okay in small amounts. Remember, the healthiest longest-living populations around the world eat a diet that's about 95% plant-based on average. That equates to eating meat a few times per week to a few times per month.

Module 5

How to Detoxify Your Body & Your Environment

In this module, we're going to talk all about how to detoxify your body and your life. By now, I'm sure you've heard a lot about of talk about detoxification, but what I've found is that detoxification is largely misunderstood.

One of the main goals of Square One is to help you reduce your toxic load. You've heard me say that in other modules, and we're going to talk about it in more detail in this one. You want to reduce your toxic load as much as possible. The first thing you need to understand is that detoxification is always happening in your body.

Your body is always detoxifying.

If it wasn't, you would die very quickly of toxemia. Your liver is the main detoxification engine in your body. Your liver and your kidneys both detoxify your blood and excrete the toxins in your pee and poop. Your lungs remove toxins from your body when you exhale. And your skin excretes toxins from your body when you sweat. So let's talk a bit more about each one.

Your liver processes all of the metabolic waste and toxins that come into your body. Whether it's something you ate, or inhaled, or it's the metabolic waste produced by healthy cells, or dead cells, your body has to get rid of all that stuff because it is toxic to you.

Your body has to break down metabolic waste— this happens in your liver— and then excrete it.

Your liver and your kidneys both work together to keep your blood clean. Think about them like the oil filter in your car. You have to change your oil filter periodically, and if you don't, that filter will get so clogged up with gunk that it will stop filtering the oil in your car. And that dirty oil will cause premature damage, and shorten the life of your engine. Your liver and kidneys are a lot like that. They're constantly filtering and cleaning your blood and your lymphatic fluid. And if your body is constantly polluted with unnecessary toxins, then your liver and kidneys can get overloaded. They just get so gunked up and damaged that their ability to work properly diminishes over time.

Your lymphatic system is the detoxification superhighway in your body. Your cells dump metabolic waste into your lymph system. And your lymph system carries that waste away from your cells to your liver and kidneys to eliminate it. It also eliminates toxins through your skin and your sweat.

Your skin is your largest organ. And it's a detoxifying organ. When you sweat, you are sweating out toxins. And certain toxins are eliminated more through sweat than any other way. So sweating is very important to maintaining health. Antiperspirants are terrible. Anything that prevents you from sweating is trapping toxins in your body. So you want to sweat in your armpits. Don't stop that process. Your body needs to get that stuff out. You don't want to trap toxins in and around your armpits and breast tissue.

Your lungs excrete toxins 24 hours a day. Your body neutralizes some toxins by converting them to carbon dioxide in your blood, and returning them to your lungs, and then when you exhale, out they go. So, every time you exhale, you're detoxifying. When you sweat, you're detoxifying. And of course, when you pee and poop, you're detoxifying.

Your liver has two phases. Phase 1 is the garbage collector. And phase 2 is the eliminator. Phase 1 is collection and processing. Phase 2 involves a little more processing and excretion. Your liver dumps bile — toxic metabolic waste — into your large intestine to be carried out the back door when you poop. So being regular is very important. The more you poop, the better you detoxify. So, generally speaking, you should be pooping two to three times a day. Like I talked about in Module 2, food needs to move through your body quickly.

The most important principle in detoxification is to stop toxifying.

Stop putting stuff *in* your body that is hurting you. Stop poisoning and polluting your body. Cigarettes are the leading cause of cancer. If you smoke, stop smoking. If you're eating a processed food diet, a man-made diet, a Western diet, the standard American diet, whatever you want to call it, you're eating a lot of toxic stuff. Artificial additives, preservatives, flavors, colors, sweeteners, trans fats, these are all man-made chemicals that you were never meant to ingest.

Your body doesn't know what to do with them. And they have to be detoxified because they’re not nutrients. They’re not nutritious. When they come in, your body is like, “What is all this stuff? We've got to get this out of here” because if that toxic stuff built up in your body, you would become very sick and die. So eliminating the processed food and switching to a whole foods diet, like I talked about in Modules 3 and 4, is a huge step.

There was a recent study where they took a group of people and took them off a standard Western diet and put them on an all organic diet. And within a few weeks, the amount of pesticides, herbicides, and fungicides, and other toxic chemicals in their urine went way down, just by converting to an organic diet. Even if you're not eating processed food and junk food, if you're eating conventionally grown produce, then you are ingesting pesticides,

herbicides, and fungicides, and all the other toxic stuff they spray on crops.

That's why switching to an all-organic diet is best.

Now, if you can't get organic produce, that's okay. Just eat fruits and vegetables anyway. The benefits still outweigh the risk. That's still better than eating a processed food diet, but the absolute best protocol is eating organic because we're trying to reduce your body's toxic load as much as possible. The less work your liver has to do to detoxify avoidable toxins, the more it can detoxify what's already in your body that needs to get out. So, eliminating processed food and switching to organic is important, like I've said in other modules.

Animal products carry a lot of toxins and create more work for your immune system.

Meat and dairy not only harbor viruses, bacteria, and parasites, but also factory farmed animals are injected with antibiotics and hormones, and they eat unnatural GMO feed to fatten them up. And they could be drinking polluted water.

If your immune system is overloaded by all the toxic junk that keeps coming in through your mouth, then it has less resources available to heal cancer and other chronic disease caused by those toxins. So eliminate processed food. Reduce or eliminate meat and dairy. Eat organic. Very simple.

Now let's talk about water. If you are drinking tap water, then you are more than likely drinking bleach and fluorosilicic acid, a toxic byproduct of the fertilizer industry. They put sodium hypochlorite—that's chlorine bleach—in our drinking water to kill harmful bacteria that can breed in municipal drinking water. But the problem is then you drink the bleach. So removing chlorine from your drinking water is a good thing.

They put fluoride in our drinking water because in the 1950s, the

aluminum industry convinced the government that fluoride, which was a toxic waste byproduct from aluminum manufacturing, would be helpful to add to our drinking water because fluoride is a component of teeth. And so they pulled off perhaps the most sophisticated con of all time and convinced the government to buy their toxic waste that was illegal to dump in rivers and put it in our drinking water.

The truth is, you don't need fluoride in your drinking water to have healthy teeth.

My family has consumed fluoride-free water and used fluoride-free toothpaste for over 12 years and we've never any cavities. Our teeth are perfect. I went to the dentist in November 2016 for the first time in 5.5 years. And he raved about how good my teeth look. Chlorine and fluoride are toxic and can cause cancer.

Besides those two, your drinking water could be contaminated with other cancer-causers like arsenic, lead, cadmium, or hexavalent chromium, depending on where you live. So you really need to purify your drinking water, even if you have well water.

There are three ways to do it. You can get a countertop distiller, which I used for a number of years. You could get a reverse osmosis system that mounts under your sink. But they're pretty pricey and the filters have to be changed a lot. Or you could use a Berkey water filter, which is my personal favorite because it's portable, it requires no power or water pressure, and it's super economical. The Berkey removes hundreds of contaminants including chlorine, fluoride, arsenic, pharmaceuticals, heavy metals, chromium 6—it's a very long list. You can learn more about the Berkey water filter at www.chrisbeatcancer.com/berkey

Now, let's talk about a few more toxic cancer causing heavy metals.

Number one is mercury. Mercury causes cancer. And some vaccines still contain mercury as thimerosal, like the flu shot or any vaccine rushed to market. That's one of the reasons we don't get flu shots, haven't had one in over 12 years. But vaccines aren't even our biggest sources of mercury exposure; eating one serving of tuna gives you six times more mercury than a flu shot. But it's not just tuna; many fish are polluted with mercury, especially the fish at the top of the food chain like tilefish, swordfish, shark, and king mackerel. Farm-raised fish, like salmon, have high levels of PCBs, which is a toxic byproduct of manufacturing.

Another toxic heavy metal is aluminum. The highest source of dietary aluminum is not from aluminum cans. It's from cheese. How in the world does aluminum end up in cheese? Because many cheese manufacturers use an additive called sodium aluminum phosphate. This is a form of salt that enhances flavor and texture. It makes cheese smooth. But if you flip over a package of cheese and look at the ingredients, it just says salt.

There are many reasons to eliminate meat and dairy. Not only do they support cancer growth by raising IGF-1 and methionine, but they're also loaded with contaminants. So take the animal products off the table. There's too much baggage that comes with them because of environmental pollution. By the way, other forms of aluminum, like aluminum sulfate, are used in baking powders, pickles, relishes, flour, and canned meats.

Next, let's talk about body care products.

Your skin absorbs what you put on it. Chemicals from the lotions and potions, and oils and makeup are absorbed into your skin, and into your bloodstream, and circulate throughout your entire body. And the skincare industry has very loose regulations on what they're allowed to put into their products.

Mascara has mercury in it. Lipstick has lead in it. There is a long list of potentially toxic ingredients used in skin care, and they

don't even have to disclose on this stuff on the label. To be on the safe side, switch to organic, all natural body care products. Get away from the major brands because many of them are not using safe non-toxic materials.

The Environmental Working Group website has a large database of body care products. And you can type in virtually any product on earth, and it will show you what's in it, and give it a clean or toxic rating. So that's a great way to find out if the brands you're using are potentially toxic, and a great way to find top rated, clean brands.

Also stop using talcum powder, which has been linked to ovarian cancer, stop using store bought douche, and switch to organic tampons and pads or a diva cup. A recent study found that 85% of tampons tested found traces of the toxic herbicide glyphosate. If you don't know what a diva cup is, google it.

Next, your mouth can be a significant source of toxins. And this time I don't mean what you're eating. I mean what's actually in your mouth. If you have silver fillings in your mouth, they're 50% mercury.

Mercury is a cancer causer. It is the most toxic non-radioactive metal on earth.

It's extremely bad for your brain and your liver, and pretty much your whole body. If you have silver fillings in your mouth, they are releasing mercury vapor into your body all day. Look up a YouTube video called "Smoking Teeth = Poison Gas" to see what happens when you gently agitate a silver filling under UV lighting. You can see the mercury vapor coming right off of it. This is why you don't want silver fillings in your mouth.

The other thing in your mouth that may be causing problems in your body is a root canal. You're leaving a dead tooth in your mouth when you do a root canal. And dead teeth need to come out

so your body can fully heal. Root canals can allow anaerobic bacteria to colonize in the space where there's no blood flow. You could have a non-healing site under the root canal, down in the cavitation. And it could be causing problems in your body. I've talked to many cancer patients who developed cancer within a few years of getting root canal. If you're still trying to figure out the causes of your cancer, it may be right there under your nose, literally, in your mouth! Root canals and mercury fillings are two things you need to consider getting removed or replaced.

If you have either, I want to encourage you to find a holistic dentist and get them safely removed. You can find a holistic dentist at IAOMT.org.

Alright, so now let's talk about some methods for reducing your toxic load. There are some simple things you can do. Number one is switching to an organic plant-based diet. Like I said earlier, your body is always detoxifying. The half-life of mercury in the body is estimated to be about two months. So that means in around four months, your body should have detoxified most of the mercury from the tuna you ate last night, same with aluminum. So your body can remove these heavy metals. But you have to stop putting them in.

Another important aspect of detoxification is your home and your work environment. Remove all of the potential toxins from the two places where you spend most of your time. 14% of lung cancer is caused by radon gas. Get a radon gas test kit. They’re a few dollars. And check your home for radon gas. Toxic mold could be making you sick, leading to chronic infection and suppressed immunity, which can lead to cancer. So you want to check your house for toxic mold as well.

The next step is to stop using the harsh chemical household cleaners, dish soap, dish detergent, laundry soap, laundry detergent, and bathroom cleaner. Get that stuff out of your house. Switch to natural, non-toxic, biodegradable, organic cleaning

products. You can find them on EWG.org as well.

Dr. Bronner's liquid soap is one of my favorites. You can use it in the shower. You can brush your teeth with it. You can do your dishes with it. You can clean your house with it. It's amazing.

There are tons of clean, natural, non-toxic household cleaning products available, way more than there were in 2004. And if you've got a garage full of chemicals, clean it out. If anyone in your house is sleeping over the garage, you definitely need to clean it out or consider not sleeping over the garage. I slept over a garage when I was in college.

Also stop burning candles and incense in your house. Most of them produce toxic chemical vapors and smoke. Diffusing essential oils is a much safer option.

Next let's talk about electropollution.

If you're living right next to giant power lines, that could be a problem. The low-level electromagnetic fields coming from those power lines—that low-level radiation—could be making you sick and some studies done in the 80's linked them to childhood leukemia. If you live in an apartment building, you could be surrounded by dirty electricity. You have electrical wires running through every wall in your home. And they're all radiating low levels of electromagnetic frequencies. This is where the precautionary principle comes into play. Better safe than sorry.

A few things you can do is put your Wi-Fi on a timer so it turns off and night, or switch from Wi-Fi back to wired in your house. Don't sleep with electronics near your head. Especially your cell phone. Ionizing radiation from your cell phone penetrates your skull. Use speaker phone or earbuds and keep it away from your body. Ladies, don't store it in your bra. Put it on your desk, or on the table. Turn it off or put it on airplane mode if you have to keep it in your pocket for a long period of time.

I'm not trying to make you totally freaked out and paranoid like you need to wear a tin foil hat on your head or something, but the truth is you really have to assume that anything around you could be contributing to your disease. And with cancer, we know it's a convergence of many health-destroying factors. It's like the expression "death of a thousand cuts." It may not be one major pollutant. It may be a bunch of tiny toxins all poisoning you together.

So, again, we want to reduce our toxic load. Eliminate as many of these things as possible. Make sure you're not living on top of a former toxic waste dump or near one. If you're living near an industrial area, there could be air pollution and water pollution. If you google "cancer clusters." You'll find a map of known areas with high rates of cancer. You can also google "EPA superfund sites." Those are sites that are known to be EPA toxic waste hazard sites around the US.

If you live near a cancer cluster or an EPA superfund site, you may need to move, especially if multiple neighbors are getting cancer. If more than one person in your house is diagnosed with cancer, get the heck out of there. That's major red flag.

Your workplace is the same story. Especially if you're working around chemicals or working in the manufacturing industry. You're breathing in all kinds of toxins: dust, smoke, fumes, plastics, paints, solvents, dyes, anything that's producing smoke, soot, dust, or fumes could be poisoning you a little bit every day.

It's not easy to change jobs, but no job is worth dying over. You may need to get a new job or move to a new department, or a new location. There's a lot to think about. I'm not trying to overload you, but cancer does require a total life change. And, in some cases, that could mean a move and a career change if you're living in a high stress situation or you're working in a high stress emotionally toxic situation. That means it's really bad for you. It's just too much stress, and it's going to break you down and cripple

your immune system. I cover this in detail in Module 6. You need to detoxify not just your physical body, but also your mind, and your emotions. Get away from toxic people and situations. That's really important.

Ok now that we've covered how to stop the input of toxins, we can talk about how to accelerate detoxification. Water is really important.

The solution to pollution is dilution.

Water helps flush things out of your body. And when you eat lots of raw fruits and vegetables, you're eating a water-rich diet that helps your body flush out toxins. You're also getting a lot of fiber. Remember earlier when I said your liver dumps toxic waste into your digestive tract? Well, the food that you eat carries that out. When you eat a plant-based diet, rich in water, fiber, and starch, you poop regularly. Two to three times per day. The starch and fiber absorbs the waste dumped by your liver and carries it out quickly.

If you eat a diet that is low in fiber, that is all meat and dairy and processed food, that causes constipation. That kind of food moves through your body very slowly and it putrefies and creates fecal mutagens. And you reabsorb some of those toxins. And you end up in a state of chronic autointoxication. That's bad. You may be suffering from that right now if you're constipated. Also, many prescription drugs cause constipation, another reason to work with your doctor to get off of them.

In the Anti-Cancer Diet Modules, I mentioned a specific food that is a powerful liver detoxifier. That's broccoli sprouts. All of the cruciferous vegetables are wonderful because they contain sulforaphane, which is the most potent phase 2 liver detoxifier that we know of. But broccoli sprouts have the highest concentration of sulforaphane, more than any other cruciferous vegetable, or any other food on earth!

It's the most potent liver detoxifying food known. And you can eat up to four cups of broccoli sprouts per day. Most grocery stores sell them in the produce department right next to the alfalfa sprouts. And you can also buy broccoli seeds and a sprouting jar and sprout your own. Broccoli sprouts are the cheapest and most powerful liver detoxifying food. Get them in your body every day. Detox method number one is an organic plant-based diet.

Detox method number two is fasting.

Now, we'll talk about different types of fasting. One is the water fast. Water fasting is incredible therapy for you and your body. Fasting supercharges your immune system. There's a fascinating study that came out a couple of years ago where they found that during a three-day water fast, old and damaged immune cells die off. Then when you start eating again, your body ramps up production of new immune cells. So fasting basically reboots and recharges your immune system. They even found that when cancer patients water fasted 24 hours before chemotherapy treatment, the treatment worked better because the water fasting weakened the cancer cells.

Water fasting can be very beneficial and I want to encourage you to do it. Most people can handle a three-day water fast without any problems.

Disclaimer: If you have any serious health conditions you should check with your doctor before attempting a fast. Now your doctor may not know anything about fasting. And he may say you can't do it, or you shouldn't do it. If that's the case, then you fast at your own risk. For most people, fasting is perfectly safe. I've done it many times. But if you are taking pharmaceutical drugs, fasting could be dangerous.

Fasting gives your body a break from digestion. And when you fast, your body switches from normal daily operations, to repair and regeneration mode. Remember my factory analogy from the

other modules. Your body is constantly processing the foods that you are bringing in, and using them to create energy to maintain homeostasis to keep you alive.

But when you fast, you stop the conveyor belt. So food stops coming in. Now you've got all these workers that don't have anything to do because there's nothing on the conveyor belt. There's no food to process. "What do we do? Well, let's look around and see what needs repair. Let's fix this broken window. Let's clean this mess up over here. Let's tidy up."

When you fast your body switches gears into internal housecleaning mode. You give your body a break, which allows it to pay attention to things that have been overlooked. And it will break down and recycle the useful parts from old and damaged cells.

During a fast, your body will start breaking down fat for energy. Fat is your body's secondary energy reserve. You have two backup energy reserves. You have glycogen, which is stored in your liver and is converted to glucose if you need extra energy. Then when that glucose runs out, your body starts burning fat. So it takes about 24 hours to burn through the glucose that's stored in your liver. And then once you burn through that, then your body will start burning through body fat. If you're active the first day of the fast your body will burn through the glucose faster and switch to fat burning sooner.

Now, fat is a place that your body stores toxins. So when you start a fast, whether it's a water fast or a juice fast, as your body starts to break down toxic fat, you're going to feel bad. You will have detoxification symptoms. They call it the Herxheimer effect or the Healing Crisis.

Some people experience this just from converting from a Standard American Diet to a raw food diet or to a plant-based diet. And there are a few reasons why: food addiction and detoxification.

We're addicted to a diet that's high in protein, fat, sugar, and salt. And when you remove animal protein and high levels of fat, sugar, and salt from your diet, you will experience physical withdrawal. You will also suffer withdrawal from caffeine, and other food additives like aspartame, if you've been drinking diet sodas or chewing gum all day.

The other reason you feel bad when you switch to a hardcore healthy diet is the detoxification reaction. So, again, when you start burning through fat, your body starts dumping toxins into your bloodstream and they circulate around, and your body has to process them in order to excrete them.

And during that process, you're going to feel lousy. Some typical reactions would be very low energy, headaches, nausea, aches and pains. You could get diarrhea. You might throw up. If any of those things happen, it's because there's some serious detox going on in your body. Just power through it. Again, under medical supervision, if necessary. If you're taking prescription drugs, this could be dangerous. So you need to make sure that you're cautious about your approach.

You might even run a fever. Your immune system ramps up into high gear when you have a fever. A fever can wipe out a host of viruses, bacteria, and parasites in your body that you didn't even know you had and stuff is going to come out in a lot of different ways if you're toxic. This could cause aches and pains, headaches, nausea, diarrhea, vomiting, fever, pimples, rashes, any of the above, but hopefully not all of the above.

The best case scenario is you just feel lousy: no energy, maybe a bit of a headache for a few days. The worst case could be pretty rough for a few days. But remember, if and when you start feeling bad; just remind yourself "*Chris said this would happen. This is normal. I will get better."* And when you get over that detoxification hump, usually after a few days—worst case a week—you feel amazing. And there will be a point in the fast where you feel so

good that you may think to yourself, *I never need to eat again*, which of course is not true.

Now, how long you should fast is something that you should determine. If you want to just get your feet wet, you can do a one-day water fast. That's pretty easy. But a three-day water fast is really the optimal minimal length of time. I know people that have done 40-day water fasts. That's serious. You definitely need professional supervision if you go that long.

The longest I've fasted on water is three days. But I have a very high metabolism. I'm really thin and I can't go very long before I start to lose too much muscle. The first time I fasted was in February 2004 as part of my healing cancer protocol. I fasted often and did several extended-day juice fasts, drinking only vegetable juice for up to 10 days.

The next step down from water fasting is juice fasting. Some people will start with the 3-day water fast and then do a 3-day, a 5-day, or a 10-day juice fast. And then when they come out of that fast, they will transition to raw food, lots of fruit first, and then incorporate vegetables. There's all kinds of information online about different fastening methods, but I'm all about simplicity. I think the optimal start for most people is 3 days on water, 5 to 10 days on juice, and then on to fresh fruits and vegetables, all raw or mostly raw.

Now, the more body fat you have, the longer you can fast. All fat really is just stored energy in case there's a food shortage. That's good. But if you have a lot of extra body fat, it's a burden to your entire body. Obesity is the second leading cause of cancer. And you need to get rid of the excess body fat. So a nice benefit of fasting is the quick loss of body fat, to help you get back down to a healthy body weight. If you're not sure what you're supposed to weigh, Search for "BMI calculator" on Google or in the app store for your smart phone. And then type in your height and your weight. And it will tell you if you're underweight, in normal range

or if you're overweight or obese. That's a good way to find your ideal weight range.

Detoxification method number three is exercise.

When you move your body, you're increasing circulation of your blood and your lymphatic fluid and they both carry toxic waste away from your cells. You have three times more lymphatic fluid than blood, but the lymphatic system does not have a pump. It only moves when you move. Muscle contractions circulate your lymph system. So the more movement you can incorporate into your day, the better. Exercise is so important that I devoted almost an entire module to it, that's Module 8, but just to touch on it, movement, sweat, and deep breathing are all detoxification methods that happen when you exercise.

When your heart is elevated, you're increasing blood circulation, which is delivering oxygen and carrying away toxins. You're increasing lymphatic circulation, which is also carrying away toxins. You're sweating, which is excreting toxins. And you're breathing deep and heavy, which is excreting toxins via your lungs. Saunas are good, but sweaty exercise is better, and it is a critical part of any detoxification and healing protocol.

Now, having said that, if you are on a water fast, you don't need intense exercise. Staying active is good. Brisk walking, or bike riding, or bouncing on a rebounder mini-trampoline is fine. But I would not recommend doing any strenuous exercise like weight lifting, because it can distract your body from repairing other things.

The fourth detoxification method is deep breathing.

You should do this every day. When you breathe in, oxygen helps clean your blood. And when you exhale, you're excreting toxins that have been converted to CO_2. Deep breathing also moves your lymph system around your chest. Deep breathing is easy. Take a

deep breath; fill up your lungs as full as you can. Hold it for a few seconds. Then push it out all the way to empty. And repeat that ten times. Fresh outside air is best.

There's a powerful breathing technique called the Wim Hof Method that you can google. The gist of it is you take about 40 deep breaths in a row. On your final breath you take a huge breath and exhale completely, then hold it for as long as you can. Don't do this standing up because you will get lightheaded and may fall on your face. Around breath number 20 or 30, your whole body will start to tingle. Start with 10 and work your way up. You can do this multiple times throughout the day. Deep breathing oxygenates and alkalizes your entire body, and promotes detoxification. It's simple. It's powerful. And it's free. Just do it.

Detoxification is a natural benefit of a healthy lifestyle and these are simple principles: stop toxifying, eat an organic plant-based diet, exercise daily, practice deep breathing, get away from toxic products, and fast occasionally.

The fifth detoxification method is supplements and I will cover those in the supplementation module.

There are foods that are known to help detoxify the body like cruciferous vegetables, especially broccoli sprouts, and some of these foods are easier to take in supplement form. One of them is chlorella. Chlorella is a blue green algae that is known to bind to heavy metals and help pull them out of the body. I took a ton of chlorella in 2004 and I still take it periodically. Make sure it's not from Japan as it could be contaminated by radiation from Fukushima.

Cilantro is also a chelator. Other herbs that can bind to heavy metals and toxins and pull them out of the body are milk thistle, red clover, and burdock root. You'll see these come up again in the supplement module, but it's important that we get our priorities straight. The diet and lifestyle habits in this module are the

foundation. If you stop toxifying, radically change your diet, start exercising, practice deep breathing, and incorporate some fasting… it will speed up the process.

All of these healthy habits work together and will greatly improve your body's ability to detoxify. If you're willing to do those things, then additional supplementation could be very beneficial. But if you just want to take a detox supplement and not change your diet and lifestyle, you're wasting your money and the benefit will be negligible.

Now let's talk about coffee enemas.

Coffee enemas are a liver detoxification method. I know it sounds crazy, but I can give you a brief explanation of what coffee enemas do. When you insert coffee into your body rectally, it goes straight to your liver and stimulates your liver to secrete more bile. Many alternative and integrative practitioners all over the world have their patients do coffee enemas. And there are a few reasons why. One is it makes the patients feel really good. They often have a noticeable improvement in pain reduction, and relief from cancer related symptoms. And two, it stimulates liver detoxification.

Coffee enemas were actually listed in the *Merck Manual* until the 1970s. They got bumped out because most mainstream practitioners weren't using them. There's a lot of information about coffee enemas online. So I encourage you to read up on them. You might come across an article that says they are dangerous. They aren't. You can get a coffee enema kit with everything you need and instructions on Amazon.

One more detox method I want to mention here is Ozone therapy. Ozone is a powerful detoxifier of the body and many integrative practitioners use ozone therapies like ozone saunas, rectal and vaginal insufflation, IV ozone, and having their patients drink ozonated water, which is something you can do at home. So once you've purified your water, let's say with a Berkey filter, you can

also ozonate it with a device that bubbles ozone into your water. Ozone raises your blood oxygen, increases detoxification, and helps alleviate detoxification symptoms. The device I use is the Sota Water Ozonator, which you can get at sota.com. To find an ozone practitioner, go to aaot.us

Ok, so let's recap. Your body is always detoxifying and the best way to improve this process is to stop toxifying. Switch to an organic plant-based diet and eat cruciferous vegetables, especially broccoli sprouts every day. Filter your water, get 30 minutes of sweaty exercise and breathe deeply every day. Start with a 1-3 day water fast followed by a 3-7 day juice fast. During this process, switch to verified non-toxic body care products and home cleaning products.

Examine your home and work environment for potential pollutants like chemical fumes and electropollution. Get rid of toxic candles and air fresheners. Test for toxic mold and radon. Turn off your Wi-Fi at night and keep your cell phone at a safe distance. And of course, break your toxic bad habits like tobacco, alcohol, and drug use.

Once you've made those changes and your new routine is established, if you want to take it a step further, consider adding coffee enemas, ozonated water, and the detox supplements I'll be covering in Module 9.

Module 6

How to Eliminate Stress & Heal Your Heart

Welcome to Square One, Module 6. In this module, I'm going to show you how to identify and eliminate the health destroying stress in your life. I think this is one of the most important modules in the course, because every single cancer patient I've ever talked to (and I've talked to hundreds) had major stress in their life, from a variety of sources. Many of them have also had significant traumatic events in their life leading up to their diagnosis. I call those stress triggers, and we'll talk about those as well.

Stress is a major contributor to disease. And let me just start with my own non-scientific opinion here. I think that stress accounts for at least 60% of health. It might be 99%, but I think that at least 60% of health and healing is related to stress. The reason I say that, is because I've seen people "do everything right" and still not get well. And oftentimes those people had major emotional issues: bitterness, negativity, unforgiveness, and fear. They had major stress in their life that they didn't deal with.

If you don't address the stress in your life, then it will outweigh anything else you do.

So, all the diet, the supplements, the juicing, the cancer clinics in Mexico… all of that can be outweighed by stress. Before we get into specific stressors, we need to start with an overview, because

you need to understand what happens in your body when you are stressed, and you need to understand where stress comes from.

Stress comes from all negative thoughts and emotions: fear, anger, bitterness, resentment, unforgiveness, jealousy, envy, guilt, shame, insecurity, regret, worry, and anxiety. All negative emotions cause stress—first in your mind, and then in your body. Now, your body is intelligently designed to save your life. Let's say you are confronted by a wild tiger. When you see that tiger, your mind interprets that tiger as danger. Then that thought translates into an emotion which is fear. Then that emotion triggers a physical response in your body: that's called fight or flight. And immediately your body starts pumping out stress hormones. The two main ones you've heard of are adrenaline and cortisol. Adrenaline can give you extra strength and power to fight off an attacker, or to run faster, or to lift a car off of someone who's trapped underneath, superman-style. Cortisol gives you energy. And the way cortisol gives you energy is it tells your liver to convert glycogen to glucose and dump it into your bloodstream. And that sugar circulates to all of your cells, and gives your muscles fuel to use to either fight or run away. That's why when you're anxious, or nervous, or upset you get a little bit twitchy. You get the shakes. Your muscles are charged up and primed for action.

So, adrenaline and cortisol are pumping, and they're working together to give you power and energy to fight for your life or to run away. Their job is to give your body energy where it's needed most in an emergency, so these hormones also switch off parts of your body that are not essential in a short-term life-threatening situation. They switch off your digestive system because you really need that energy to fuel the muscles in your legs to run. They also switch off your reproductive system because that's not necessary in fight or flight either. Stress hormones switch off your immune system. Stress hormones also switch off parts of your brain. The part of your brain that becomes dominant when you're under

stress is your lower brain stem. They call it the reptilian brain. That's where your fight or flight response is. It's your instinctive brain. And when you're under stress, it's very hard to think clearly, and rationally.

Typically, when you're under stress, you are very impulsive and irrational, and sometimes make bad decisions, because your ability to be empathetic, creative, thoughtful, rational, and logical basically goes out the window, and you become like an animal, driven by primal survival instincts.

There are other parts of your brain that are switched off during times of extreme stress—like your memory. This is why you hear testimonials sometimes from people who are involved in a car accident or an attack, or something very traumatic, and they can't remember what happened. It's like they blacked out. Or when someone catches their spouse cheating on them and they go into an extreme rage and they react in a way that no rational person would. This is how powerful stress hormones can be in the body. Again, if you're trying to escape a tiger, or a burning building, or get out of a car that's sinking in a river, stress hormones will help you.

There are two kinds of stress. **Acute stress** is a short-term stressful event like the things I just mentioned: fighting for your life, running from danger, or bungie jumping. It's a stressful situation that has a beginning and an end. Let's say you're running from a tiger, and you jump over a fence. Now you're safe. The fear subsides, your heart rate slows down, your muscles relax, and your immune system comes back online. Your digestive system starts back up, your reproductive system turns on, and you start thinking clearly and rationally again. Everything goes back to normal. You calm down and you can relax because the fear is gone. That's good. That's the way your body responds to an acute stressful situation.

The problem that I had, and every cancer patient I know has, is not acute stress. We're not being attacked every day. We're not being chased by tigers. We're not living in a war zone. We're dealing with something very different. It's called chronic stress.

Chronic stress is the day-in, day-out grinding stress, from our worries, cares, and fears, and from all the negative thoughts and emotions, and the problems we have in life. Chronic stress is the tiger you can never get away from. You can see it in the distance. It's following you. It's tracking you, and you have to keep moving because it's coming. You have a little time to rest here and there, but you always have to get up and keep moving because the tiger is coming.

What chronic stress does, is it keeps us in a state of elevated stress. It's not the extreme stress of a fist fight, but it's elevated stress. We're not at peace. We're not at ease. We are living day-in, day-out with elevated stress hormones, and they can be destructive if they're elevated for long periods of time.

Cortisol promotes weight gain, which leads to insulin resistance, which leads to obesity. Cortisol and adrenaline both promote inflammation in the body, so you can end up overweight and in a state of chronic inflammation. Chronic inflammation is a pro-cancerous state. And obesity is the second leading cause of cancer behind cigarette smoking.

When you're under stress it affects your digestive function. If you have suppressed digestive function because of stress, it can inhibit nutrient absorption and lead to gastrointestinal problems like acid reflux, ulcers, IBS, Crohn's, colitis, and a number of other digestive disorders.

When you are under chronic stress, you have suppressed immune function.

When you're constantly stressed, anxious, and dealing with a lot of problems in your life, your immunity is down. People who are stressed typically get sick a lot because their immune systems are weak. Stress also contributes to lack of sleep. And when you don't get enough sleep, that raises your stress hormones even more, because your body thinks that you need to stay awake. So, that's a little bit about what stress hormones are doing in your body. They can help save your life in a dangerous situation, but if they stay elevated from chronic stress, they can be very destructive.

Now let's talk about the specific ways that you can address chronic stress in your life. Here are the sources of stress that you need to identify and eliminate as much as possible.

First is negativity. At no time in history has the human race been bombarded with so much negative, stressful, fear-producing information as we are right now, because we're in the information age. There are multiple news channels running 24 hours a day—talking about all the problems in the world: politics, racial tension, the war on terror, the Middle East, crime, the economy, and on, and on, and on. Your brain was not designed to handle this much negative information. You don't need to know about every problem in the world. Your mind, your heart and your soul are not capable of carrying the weight of the world.

There's a famous expression in the news world: "If it bleeds, it leads." News producers deliberately focus on bad news, because that's what captures people's attention and gets them to tune in. When you consume the news, you are putting the weight of the world on your shoulders, and you're going to become anxious, worried, fearful, and unhappy, because you're constantly reminded about all the problems in the world.

Here's stress reduction step one: Turn off the news.

Stop watching it on TV, and change your web browser homepage to something else that doesn't display news headlines. It's tough, because then even on social media we're seeing all kinds of news, negative headlines, and unhappy people. Unfollow those people or get away from social media. People have never been more unhappy than they are right now. What's making you more unhappy is tuning in to all the complainers and the unhappy people in the world.

Unhappiness is contagious.

Get away from unhappy, negative people—people that complain and whine, who attack others, and talk about the world's problems all the time. Tune out. You've got to get away from them, and surround yourself with positivity. Instead, watch things that bring you joy, happiness, encouragement, and inspiration. Focus on those things. Watch comedies, watch stand-up, watch educational and inspirational documentaries.

Other media besides the news can be stress-producing. We're watching daytime dramas and primetime dramas. Drama means conflict and conflict produces stress. We're going to see stressful movies at the movie theater. We are constantly looking for that adrenalin surge from stress because it's exciting, it's fun, it feels good, and we've become addicted to it.

Many people are in a vicious cycle of stress that goes like this. Your alarm clock goes off with a buzzer or the radio blaring and wakes you up abruptly and unnaturally. Then you drink coffee. Caffeine raises your stress hormones and gives you a surge of energy, which is not natural energy. It's artificial stimulation. So, you're starting out the day with an unnatural surge of stress hormones. Then you're rushing to get busy with your day and get to work. You're stressed out on the way to school or to work, on

the subway, or in rush hour traffic. And then you're at work and you've got problems and deadlines, and maybe you are surrounded by people at work who are stressful to be around.

If you are in an unhealthy, emotionally toxic work situation, you need to consider getting out of there, move to a different department or location, get a job transfer, or a new job. If you're surrounded by people that are abusing you mentally, emotionally, verbally, it's not good for you. I've talked to many people who developed cancer within a year or two of taking a new stressful job.

Anyway, back to the vicious stress cycle. So you're at your job, you're stressed, and you're drinking coffee all day, just to stay on top of things. You're eating junk food or fast food because it's quick and easy. Breakfast may have been coffee and a muffin or some kind of protein bar or breakfast bar. Then lunch is a fast food meal with a giant sugary drink, a coke and a cheeseburger, and then it's back to more stress at work. Then there's more stress on the way home—fighting through rush hour traffic, getting the kids picked up and taking them places and getting the family fed. Maybe you picked up some more fast food or maybe it's microwave dinners, and then you fix yourself a drink to unwind because you're still so worked up from all the stress of the day.

Then you supplement more stress by watching dramas, or reality shows, or competitions, or the news for hours. And you stay up too late watching TV or surfing the internet, and you don't get enough sleep. And then you repeat the cycle the next day. Man, I'm feeling stressed just talking about all that stuff! You're probably feeling it too, right? I know some of you are thinking "That's me exactly."

You can't live that way for long and stay healthy. Yes, you can get a lot done. Yes, you can make more money, but it's all worthless if you die young from a heart attack or cancer. Living in a state of

chronic stress, plus the addition of traumatic life events, are common factors in the stories I've heard from almost every cancer patient I've ever talked to. They're in a difficult relationship. Their work is demanding. Their kids are crazy. They're in a vicious cycle of chronic stress, and they are basically teetering on the brink of disease. They're vertically unwell. Then one or more significant traumatic events happen in their life, and that's what pushes them over the edge. It could be a divorce. It could be a lawsuit. It could be a business failing. It could be a physical assault. It could be the death of a loved one, or a pet. It could be the loss of a pregnancy. It could be a new job, or a move, or many of the above, happening in succession.

One example is a coaching call I did with a woman who lost a close family member, and lost her best friend, and had a terrible breakup with her business partner, all in the same year. It was a terrible, stressful year, and then she got a cancer diagnosis. All the chronic stress in your life, plus one or more traumatic stressful events that could have been the cancer trigger. The tipping point in your health.

Here are the major sources of stress. Number one is negative information, which I just covered. And number two, is people.

There are people in your life that stress you out. They may be co-workers, they may be friends, they may be family members, and they may be neighbors.

There may be people in your life who are emotional vampires.

They drain your energy. They're constantly antagonizing you or needing things from you. They are not bringing you joy or support. They're criticizing you and doing things that hurt your feelings, and they're frustrating you, and making you unhappy. They suck you dry. They may be taking advantage of you. Or they may be physically abusing you.

You need to get away from these people as much as possible. There are several ways. One is, you move out. If you're in an abusive relationship, you've got to get out of there as quickly as possible. And hopefully with counseling you can eventually restore that relationship. If it's someone you don't live with, just stop calling them—and then maybe not return their calls or texts so much. Just let yourself grow apart over time. If you don't want to grow apart, then you need to redefine the terms of your relationship.

Many times, I hear from cancer patients who have difficult relationships with family members. People they can't really get away from. If you want to stay close with them, but you don't like the way they're treating you, you need to set some new boundaries with them.

The goal is to create a peaceful, quiet life that is conducive to health and healing.

Doesn't that sound nice? A peaceful, quiet life. That's what you need. It may not be that quiet if you have a bunch of kids…but you can have peace.

Now, speaking of kids, your kids may be stressing you out, and there are a few reasons for this. One, if they're undisciplined. If you're letting them run wild, and you're letting them make decisions that you should be making for them, that's going to create a lot of chaos in your house, because as a parent, you are the authority, and if you've been letting your kids do whatever they want, say whatever they want, act however they want, then that's going to create a lot of problems in your house. You may need to lay down the law and set some new rules in the house with your kids. And enforce them.

Another example I've heard multiple times from cancer patients is they had an adult child living with them—that they let move back in with them—and this created a really stressful situation. Maybe this person has drug problems, or is lazy and irresponsible and the parent is still trying to rescue them, but is really just enabling them, and that person is really causing the parent a lot of stress and anxiety. If that's you, it's time for some tough love. If you have a grown child, they need to be out in the world on their own. They don't need to be living at home, especially if they're making bad decisions, like not working, playing video games all day, or staying out late every night, and they're sponging off you, and causing you stress and anxiety. I'm sure some of you are dealing with this right now. The solution is they have to get out on their own and make mistakes and learn those hard lessons and figure out what to do with their life.

The third source of stress is problems and problem avoidance.

Now, we all have problems in life. Problems come and go. But it's really important to face your problems head on, because procrastination and problem avoidance causes more stress and anxiety in your life. For example, a problem that I have every year is I tend to procrastinate on my taxes, and in the back of my mind, I know I haven't done my taxes. So, periodically I'll have this recurring thought…*You've still got to do your taxes… You haven't done your taxes yet… The date's coming* … and I'm getting more stressed as the date gets closer. And I'm like… *Okay, I'm going to do my taxes.* And I'm talking to myself, trying to appease my subconscious.

The longer I put it off, the more stressful it becomes.

This applies to every problem we have in life. If you have unresolved problems in your life, that you're putting off—that you aren't dealing with—that's going to lead you to self-medication.

Stress leads to self-medication and destructive behavior.

Your mind is a lot like a computer. Your conscious mind is what you're thinking about right now. Your conscious mind is like what's on your computer screen right now, so if you're on Facebook, your conscious mind would be focused on Facebook.

Your subconscious mind is all the other information that's in your computer that's not on the screen right now. Your photos, your music, your history, all the stuff you've written, all the apps you've installed, that's your subconscious mind. It's running constantly in the background, and it's aware of all of your problems all the time, even when your conscious mind is not.

When you have a lot of problems in your life—people problems, negative information from the media that you're worried about, work problems, things you're procrastinating on dealing with—all of that stuff is weighing on your subconscious mind, and causing you to be stressed, and anxious, and unhappy. And the way that most of us are dealing with stress, anxiety, and unhappiness is by self-medication—to get your mind off your problems.

Being a workaholic is one way some people do it. They just work all the time. Some people use drugs and alcohol. They use prescription drugs. They use illegal drugs. They use the drugs and alcohol to dull their senses—to calm their mind—to forget about their problems, and to lower their inhibitions. Because your conscience is telling you: *This is wrong… This is a problem …*but when you are intoxicated, you tend to think… *You know what, everything's okay. It's not a problem at all.*

We self-medicate with media, being constantly tuned in to the TV, to social media, to music. We are constantly distracting ourselves. Those things are not inherently bad. Entertainment is great. I love to go to the movies. I love to listen to music—I'm a musician. I like to get on social media and see what people are up to. But it can be done to an excess, where we're doing it as an escape from our

problems or the important things in life. That's the distinction that needs to be made. One way to break this addiction is with a media fast. Abstaining from all media for a few days, a few weeks, or even a few months.

Another way we self-medicate is through relationships, and through sex. Some people are constantly pursuing relationships and sex, pursuing the attention of others and socializing, which can be a distraction from dealing with your own unhappiness and unresolved problems—things in your present or your past. And then of course, there's a big one that I haven't mentioned yet, and that's food.

Food is medication.

Food releases feel good chemicals like serotonin and dopamine in your brain especially when you eat foods that are rich in sugar, salt, and fat, the three main ingredients in all junk food. Overeating is a common way that people cope with stress—they call it stress eating. And that's why they call some foods “comfort foods” because they make you feel good and temporarily alleviate stress, like ice cream, which is one of the most unhealthy foods you can eat.

Another type of stress is projects. People, problems, projects. Those are the three P’s of stress. “Project Stress” means taking on too much—saying “yes” to everything. If you're taking on more than you can handle—it’s going to stress you out. If you have too many projects or commitments, it's going to stress you to the limit, because there are only so many hours in the day. And if you're over committed trying to serve everyone else, guess who’s going to suffer…You. And if you're trying to do too much, some things are not going to get done very well. Then not doing a good a job causes you more stress, anxiety, and unhappiness, because you’ve said “yes” to too many things.

There is an expression called FOMO. That's the Fear of Missing

Out. It's easy to get caught up in the trap of saying “yes” to everything, because we're afraid we'll miss out on something great, but the truth is, you are going to miss out on things in life, and it's okay. You can’t be everything to everybody, and you can’t be everywhere all the time. You just have to make peace with that.

Learn to say “no.”

If you're a people pleaser, it's harder to say “no.” I used to say “yes” to everything. My wife is the opposite. Her first response to anything is always “no.” Her knee-jerk reaction is “no.” But we’ve helped each other. Over the years, she’s learned to say “yes” more. And I’ve learned how to say “no.”

If you are the kind of person that says “yes” to everything, start saying “no.”

You just have to say “no.” If someone says, "Can you help with such and such?" Just say, "You know what, I'd love to, but I can't. I've got too much on my plate, and I’m really trying to scale back." If you have cancer, of course then your excuse is, “This cancer thing has really changed my life in a lot of ways, and I need to simplify my life right now. What you’re doing sounds like a great thing but I just can't commit to anything else right now.” Try to be helpful without committing to anything else. Learning to say “no” is very important.

Now, I want to circle back to problem avoidance and procrastination, because what I've found is, the thing that you want to do the least is usually the thing that you need to do the most. I'm going to repeat that.

The thing you want to do the least—the thing you're really, really avoiding—is usually the thing you need to do the most.

Most of our problems are compartmentalized. *I've got this little problem with this person over here, and I've got this little problem at*

work over there, and I've got this worry over here, and that fear over there… and they're all isolated. But the truth is, all those problems are not isolated, they're all *your* problems, and they're all piled on *your* shoulders, and your subconscious mind is aware of them all the time. This is what leads people to have panic attacks.

People that stay stressed, anxious, and worried, tend to have panic attacks because they have all these unresolved problems in their life. And instead of facing their problems, they're constantly running from them, and trying not to think about them, and being busy. Busyness is another form of problem avoidance.

Facing down your problems and solving them is key to reducing your stress.

Because as soon as you solve a problem, that stress floats away. As soon as I sit down and start working on my taxes, I feel less stressed about it. Then when I finish my taxes, guess what happens to the stress? It's gone. I have zero stress about my taxes.

You have to get busy solving your problems.

The best way to do this is to make a to-do list. I hope you'll open up your note pad, or get out a piece of paper, and make some notes as I'm talking.
So, let's make a list of your stressors. You can call this "Stresses to Eliminate." This is your to-do list.

One by one, write down the things in your life that are stressing you out.

There are three categories Problems, People and Projects. This is a two-column worksheet. Divide the page in half. The first column is your stresses and the second column is what you're going to do to solve that stress. Problem and solution.

Your first stress on the list could be current events, all the world's problems you're hearing about on the news every night. That goes in the first column.

The second column is where you ask yourself*: How can I solve this problem? How can I remove this stress from my life?* The answer: *Stop watching the news.* It might also be *Get off of social media for a while.* Get on a low information diet and tune out.

The truth is lots of problems are very simple to solve.

They're not necessarily easy, but most problems have a simple solution.

Write down the people in your life that stress you out, one by one, why they stress you, and what you need to do to change that. So, for some people, the solution is… *Get away from this person*—you just need to cut ties with them. For others, it may be…*We need to talk*…Maybe you've been afraid of that talk, you've been avoiding it and it's really stressing you out. Now is the time to have that important talk.

I had a friend that I was close to for years. But he became a very difficult person to be friends with. I tried to be a loyal friend to him because I knew he needed one—but finally one day after a disturbing exchange I said to him, "You know what, I just realized something. We're not friends. If we *were* friends, you wouldn't be treating me this way." And I ended that friendship. It made me sad at the time, but it was the right thing to do because he wasn't a true friend and he was a source of stress to me.

You may have some people like that in your life. Frenemies. So, make a list of the people in your life that stress you out, and then next to that person, you need to write the solution—what you need to do. You know what you need to do. You just need to muster up a little courage and to do it. Either get away from them—end the

relationship—or redefine the relationship on your terms. Put them on probation so to speak. And if they don't treat you the way you deserve to be treated, move on.

Now, as we keep going down the list, write down your problems… *I need to do my taxes.* That's a problem. Schedule a time on your calendar to do them. *My house is cluttered.* That means you need to get rid of stuff. Now you have two options, sell it or give it away. If the thought of selling everything on eBay or organizing a yard sale is stressful, then the easiest solution for you is to give it all away. Load it up in the car, take it to Goodwill, get yourself a tax deduction, and be done with it. That's what we've done for years. Because for us, the amount of money we might make from a yard sale is not worth the amount of time, energy and effort it takes to put on a yard sale.

After you've listed your problems, then list your projects, the things that you're committed to. This includes your extracurricular activities, your kids' extracurricular activities, organizations, boards you're a part of, sports and hobbies.

I'm a musician and I've sung and played guitar and bass in bands, and toured, and did all that stuff for years. It was never a serious career pursuit for me, just a noisy hobby. But I eventually just came to the point where I decided to stop doing it. As much as I loved it, it was taking away from time with my family. I realized that having dinner every night with my family was more important than band practice, socializing or networking or anything else I was doing. So, I made a decision to stop doing things at night.

Your family is so important, and I just want to encourage you to scale way back, to reduce—to simplify your life. Time with your family is such a wonderful thing.

Ok, so list out your projects—everything that's taking up your time that you can eliminate. It doesn't mean you can't add some of those things back later. But for now, you need as few

commitments as possible, because commitments create anxiety, which creates stress, which promotes disease. Now we need to talk a little bit more about the people in your life.

A major source of stress is unforgiveness. And we need to examine our attitudes and our emotions, because our own thoughts produce stress for us.

There's a verse in the Bible that says “Take every thought captive…” (2 Corinthians 10:5) What that means is being mindful of your thoughts, of what you're thinking.

Growing up, I was a skinny little kid, and I got made fun of a little bit because of it. I wanted to be normal like everybody else but I wasn’t. I was musical and artistic and I went to a small school and I didn’t really fit in, and as I got older I became increasingly more insecure and resentful and unhappy. I became envious, critical, and judgmental of others, and mean. And I ran around with some other kids who were the same way. They were troublemakers and they were bad influences on me. I was a bitter, critical, unhappy kid that became a bitter, critical, unhappy adult.

In my early twenties, I learned what it really meant to be a Christian. And I gave up the sinful lifestyle I was leading. I was trying to be a good person and to live a good life, and to honor God, and make good choices—but emotionally, I still struggled. Old habits die hard and I constantly wrestled with negative thoughts, attitudes and emotions like insecurity, envy, jealousy, resentment, and unforgiveness. After my cancer diagnosis, I read a few books that talked about how important forgiveness was to healing, and how important it was to choose to have a positive attitude instead of a negative attitude. So, I made a conscious decision to try to start thinking differently about people. If I started to feel envious of someone, I would catch myself and I would talk myself out of it and say…*You know what, their life seems better than mine, but thank you God that I'm alive, and that I*

have what I have, because I know there are people that have so much less. I'm not going to be jealous of them.

Gratitude is the secret to happiness.

Every opportunity you have to exercise gratitude and thankfulness will increase happiness and joy in your life. Remember, life isn't fair. There will always be people more fortunate or more privileged than you. If you constantly compare yourself to those people, you will stay envious, resentful and unhappy. But instead, if you start comparing yourself and your situation to people who have less than you, you will realize how good your life is, and how much you have to be grateful for. Happiness comes from gratitude, and gratitude comes from comparing yourself to people who are less fortunate, and counting your blessings, and realizing how good your life really is.

If you've never been to a third world country, go. It's a complete mind reset—and it's a complete heart reset—because you will see what true poverty looks like. There are very few people in America that live in true poverty.

America's poor are still richer than most of the people in the world. If you make $32,000 a year, you are in the top 1% in the world. We live in one of the greatest countries in the world. Why aren't we giving thanks to God every day for this? Instead, I see Americans protesting about all sorts of things, and making themselves miserable and complaining about how much money the top 1% in America have. Just stop. When you see true poverty firsthand, you realize how rich you really are.

So, I want to encourage you to stop focusing on people who have more than you, that fosters jealousy, envy, and resentment, which are negative stress producing emotions. Instead, focus on those who are less fortunate. This will create compassion, gratitude, and thankfulness in your heart.

This is such an important thing, and it will make a huge difference when you start catching your negative thoughts and changing them. When I catch myself thinking critically, or judging people, I just say, *No. You know what, I'm being critical and I shouldn't be. I'm not going to do that. Forgive me God. I don't know anything about their life or their situation, and so, I am going to choose to think the best about them.* It's a conscious effort. You have to catch yourself and then choose to think differently.

Take every thought captive, because you control your thoughts, and your thoughts control your emotions.

But a lot of the time we let our emotions control us. We're ruled by our emotions. But you don't have to be. If you let your emotions rule you, you will make impulsive, irrational decisions, and you will be unhappy.

If you choose your thoughts, you can choose your emotions. If you choose to think positively, that will produce happiness in your mind and heart.

There are three types of cancer patients. The first type of patient is positive and optimistic. They're hopeful. They're encouraging the other patients, and they're really excited about getting well, and about their future. The second type of cancer patient is fearful. Now, they're all a little bit fearful, but some are overwhelmed by fear, and you can see it in their face, you can see it in their eyes. They're afraid to hope. The third type of patient is negative, and bitter, and unhappy. And you hear it when they open their mouth.

I had a small epiphany while visiting a cancer clinic in Baja Mexico last year. The clinic was on a beach and I walked down to the beach by myself one sunny afternoon. It was a small beach surrounded by rocky cliffs, and it was beautiful. When I got down to the beach I noticed there was some trash left by beachgoers.

And I was thinking about a couple of the patients I talked to at the clinic, and how different their different attitudes were. One was positive, and optimistic. And one was extremely negative. And I realized that those two people could have a completely different experience on this beach just based on their attitude, and how they choose to perceive the world, and their circumstances.

The happy, optimistic person would say "Wow, this is amazing. What a beautiful beach." The negative person would say "This beach is dirty. There's trash on it." Same beach. Two different perspectives.

You have to make the choice, to see the good—to look for the good in every situation, to look for the silver lining, and not to focus on the cloud. Some people, you can put them in the best situation in the world, and they will still find the one tiny negative speck to complain about. I used to be like that, and if that's you now, I want to encourage you to stop doing that. Catch yourself doing it and stop. It's a practice. It takes practice to think positively, to say to yourself *I'm going to think positively about this. How can I put a positive spin on this situation?* I want to encourage you to do that. The next thing we have to do is forgive, because…

Harboring unforgiveness, bitterness, and resentment is like drinking poison and hoping it kills someone else.

Unforgiveness poisons your body. It will make you sick. That's how powerful unforgiveness is. It's one of the most destructive emotions, and it causes some of the highest levels of stress and anxiety in the body.

This is where you may need to make a separate list and call it "The Forgiveness List." This is a list of people that you need to forgive. We all have people that we need to forgive. They may have hurt you yesterday, or a few years ago, or even decades ago.

Now is the time to clean house and forgive.

I want to tell you a story. I've been in the real estate business for 14 years. And I have some rental properties. Years ago, I bought a little two-bedroom house down the street from my house. And a middle-aged woman who had just gotten divorced applied to rent it. She was in a difficult situation and I had compassion for her, so I rented the house to her.

A few days after she moved in, I stopped to see how things were going and to my surprise, the house reeked of cat urine. She had two or three cats that apparently had peed on everything she owned, her rugs, her furniture, her clothes and I was like, *great.*

Every time I checked on the house, it was messy and dirty, and it smelled like a giant litter box and it really bothered me. I could have not renewed her lease the next year, but she paid the rent on time every month, so I just let it ride. After she'd been there a few years, I didn't hear from her much. There were no maintenance requests, and every time I made an appointment with her to come do an inspection she would put me off, or ask for more time, or cancel at the last minute, saying she was sick or whatever. I knew the house was going to be a mess, and I really didn't want to see it because I knew it was going to piss me off, so I basically just gave up on doing inspections with her. And a few years more went by.

Then one October I didn't get the rent. So, I called to see what was going on, and her phone was disconnected. So, I stopped by the house, and she wasn't home. I couldn't tell if she was still living there, so I peeked in the living room window through the blinds, and the living room was full of garbage. I could not believe what I was seeing. It was knee-deep—waist deep in some places of just pure garbage. Newspapers, pizza boxes, liquor bottles, magazines, cat food tins, all the trash that you would normally throw away and get out of your house. But apparently, she wasn't doing that.

And I'm thinking…*What is going on here? Is this lady like a garbage hoarder?*

The next day I came back by the house and her car was there. So, I knocked on the door and she cracked the door just enough to peek out at me, and I said, "Hey, I didn't get the rent this month and I haven't heard from you, and I've seen inside the house, what's going on?" And she said, "I'm having some emotional problems." And I said, "Well, it's not safe for you to live here. You need to go ahead and move out." And she said, "I'll be out by Monday."

I came back on Monday and she was gone, but she left me a house full of garbage. It was an absolute disgusting mess, and it cost me over $11,000 to clean it out and get it rentable again. It was that bad. The crew cleaning out the house, actually found one of her cats dead, under a pile of garbage. So, she trashed my house, literally, and cost me a lot of money.

You're probably thinking that this story is about me forgiving her. Of course, I was frustrated and furious with her, but I also felt sorry for her. And I actually forgave her right away.

That's not why I told you this story. There are two huge lessons here. The first one is, I knew I had a problem and I avoided it, and it got worse and worse and worse. Yes, she destroyed my house, that's on her, but I could have avoided this, if I had dealt with the problem years earlier and moved her out. But it was easier to avoid the problem, to pretend it didn't exist, and to procrastinate, than to deal with it. That's on me. My fault.

The second lesson is even more important. When people hurt you, it's like they make a deposit of trash in your house.

If you throw a big party, and a ton of people show up and party all night, the next morning you're going to wake up to a messy house

with bottles and plates, cans and cups all over your house that you have to clean up. Imagine if you never cleaned that up and you just threw all your garbage on the floor. Over time, you would have a house like my rental house.

All the hurts, the injuries, the insults, the people that have let you down, that have lied to you, cheated you, stolen from you, abused you…they've all left a deposit of trash in your house—in your heart—and over time, it piles up, more and more and more…and eventually, you have a disgusting, polluted house, and you have a polluted heart. You have a sick heart.

If you have a sick heart, you're going to have a sick body.

The only solution is to clean out your house—to clean out your heart. Forgiveness is how you do that. Forgiveness is like taking out the trash. When someone hurts you—it's like they make a little deposit of trash in your house. Then you pick it up, you put it in the garbage can, you take it out to the street, and you let God come—the garbage man—and pick it up and carry it away. That is how you clean out your heart—how you get rid of all the stress that comes from bitterness, resentment, and unforgiveness.

You can also think of it like a paper cut. Every time someone hurts you it's like a paper cut on your heart. One little paper cut is no big deal, but hundreds of paper cuts later you're going to have a scarred-up heart.

Forgiveness heals your heart.

Now there's a very specific way to pray to forgive someone, and I want to walk you through this. You close your eyes and get into a prayerful state. And then you think of a person that's hurt you, and what they did to you. And you say, "God, you know what they did…and you know how I feel about it…I'm angry, I'm upset…they hurt me…but I am choosing to forgive them…I'm letting it go…and

I'm giving it to you…they're all yours…I'm not going to hold it against them anymore…and I'm asking you to bless them…"

When you pray that way, something really amazing happens. You're giving God permission to come in and heal your heart, and take away that hurt, that injury, and to clean out that trash in your heart that's been polluting it. Especially when you ask God to bless the people that have hurt you.

I know that sounds crazy, because when people hurt you, you don't want God to bless them, you want them to be struck by lightning! The good news is you don't have to want God to bless them. You don't have to be insincere, and you don't have to fake it.

Let me explain this in a different way. If you work with someone who was really awesome at their job. Let's say they were a really great salesperson—but behind the scenes they were a jerk. Let's say your boss came to you and said, "I want to ask you about your co-worker. Based on their sales, do they deserve a promotion?" Now, a part of you is thinking, *No, they're a jerk. They don't deserve a promotion.* But you're also thinking…*Well, if we're just talking about their job performance, then yes, I guess they do deserve a promotion.* So, despite your personal feelings, you might tell your boss, "Yeah, they deserve a promotion." Even though you really don't want them to have a promotion. That's doing the right thing. Forgiveness is the same way.

When you ask God to bless someone, you're doing the right thing, because He knows you don't want Him to. He knows you would rather see them suffer, and get what they deserve, but instead, you're asking Him to bless them, and He will honor you, and bless *you* for that and He'll heal your heart.

You forgive them. You let it go. And you ask God to bless them.

And any time you have hurt feelings about that person again, you just have to go back to forgiveness. I think a lot of people misunderstand forgiveness because they think it's a feeling, and they tell themselves *I'll forgive that person when I'm not mad anymore…*or *I'll forgive them when they're sorry…or when they apologize*. That's not the way forgiveness works.

Forgiveness is not a feeling, it's a choice.

It's a decision that you make despite your feelings. Sometimes you can pray to forgive someone once and you know it's done. But other times, with some people—depending on how much they've hurt you—you really have to work at forgiveness. You have to continue to forgive, and continue to give them to God. You just keep sticking with your decision.

I liken forgiveness to a healthy diet. If you eat healthy for a few weeks and then go back to eating a junk food diet, it's not going to help you. A healthy diet only really works—if you stick with it. And forgiveness is the same way. It only works if you stick with it.

Forgiveness is a decision for life.

When you forgive someone, it's not just for today; you are forgiving them for life. That's what true forgiveness is. You're making a decision for life. Now, if they hurt you again, don't unforgive them for all the stuff in the past, and let all that bitterness take over again. You just forgive them for the new thing and let it go. I think it helps to accept the fact that some people are just awful. You don't know why they are, they just are.

Unrealistic expectations are a source of so much unhappiness in our lives. When we expect people to treat us in a certain way and

they don't, it hurts our feelings. If we expect people to be nice to us, when they're not nice people, it hurts our feelings. But when you're honest with yourself and when you start to expect people to act how they really are, then you are not setting yourself up for disappointment.

It's important in this process of forgiving people, and dealing with people who are hurting you on a regular basis, that you don't expect them to be nice to you, if they're not nice people. That will help you. And you still need to forgive them.

Forgiveness is like a healthy diet. You have to stick with it.

And you have to exercise your forgiveness muscle. Being quick to forgive is critical, because people are going to hurt you today, tomorrow, next week…

People will disappoint you, let you down, insult you, hurt your feelings, stand you up, and maybe worse. But no matter what happens to you, you need to be quick to forgive, because unforgiveness is so toxic, and so poisonous, and so destructive.

I've coached hundreds of cancer patients that had major unforgiveness in their life from abusive relationships, from parents who divorced or abandoned them, from bosses or coworkers that treated them terribly, from friends that betrayed their trust, or dropped them as a friend. Maybe you've been stolen from, lied to, cheated on, whatever. It doesn't matter what they did to you, what matters is that you forgive them and let them go.

Do a mental inventory and make a list of everyone you need to forgive, and then one-by-one, go down the list. Get in a prayerful state and pray the way I told you to pray. Blanket forgiveness doesn't work. Forgive each person by name, and then check them off the list as done. You can save it for future reference. Or you can light it on fire and burn it ceremonially, whatever. Some

people that you need to forgive are obvious—those are the ones that pop in your head right away—but there are other people from your past that you haven't thought about in a long time. You've put them out of your mind, but you haven't forgiven them.

This exercise will help you remember those people, and that old trash in your house so you can clear it out. Close your eyes, get quiet, and think through your life chronologically. Start as early as you can remember. Think about what it was like to be little. Think about the people in your life back then. Think about your siblings, your mom and dad, what they were like; think about other family members, kids at school and in the neighborhood. Think back through your life…kindergarten, first grade, second grade…

Walk through your memories and actively try to remember the people who have hurt you. Kids on the playground, family members, strangers, whoever. As you do this, things will come up. You will remember people and things that you haven't thought of in a long time. Forgive them right then. Think through your life, and all the different experiences you've had, and people you've encountered, and just start forgiving like crazy.
You need to go into that closet in your mind where you keep all the painful memories and clean it out. You need to get all this weight off your shoulders. This is so important.

One of the scariest verses in the Bible is Matthew 6:15 when Jesus says, "If you don't forgive on Earth, your Father will not forgive you in heaven." That's pretty serious. So, if there's *any* reason to forgive, that's a pretty important one right there. It's a commandment from Jesus Christ to forgive. He also said "Love your enemies and pray for those who persecute you." The world needs that message now more than ever.

Now, forgiveness happens in several directions.

The first way is you forgive the people that have hurt you. We just

covered that. The second way is you may need to ask for forgiveness from the people that you've hurt. And if there are people in your life that you are out of sorts of with, you need to make amends, to reconcile.

By the way, this is a good time to play the cancer card. Go to those people and say, "Hey, you know I've got cancer and I'm really trying to change my life, and I just want you to know I'm really, really sorry about what I said, about what I did, about what happened, and I hope you'll forgive me."

Just humble yourself, and admit you're wrong, and ask for forgiveness.

The best possible response is, the person says, "I'm sorry too. I forgive you. I love you. Let's hug." But they may say, "I hate you and I'll never forgive you." If that happens, it's okay. Don't retaliate. Just say, "I understand. I just want you to know that I really am sorry." Don't make excuses for what you did. Just admit you were wrong, and ask for forgiveness. That's all it needs to be.

It doesn't matter if they forgive you or not, what matters is that you ask for forgiveness. Whether they choose to forgive you or not is up to them, but the weight will be lifted off of you once you humble yourself, admit you're wrong, and ask for forgiveness. And then you can move on with your life.

You may find, after some time goes by, that they have a change of heart. You can't just apologize and expect everything to be okay immediately, but if you're sincere, then it can be the first step toward mending a broken relationship.

You forgive people that have hurt you, you ask for forgiveness from the people that you've hurt, and you ask God for forgiveness.

When you forgive people that have hurt you, you're dealing with bitterness and resentment. When you ask people to forgive you, you're dealing with guilt and shame about something you did. Next, you need to go to God, and ask God to forgive you for your mistakes, for the wrong things that you've done, for sin in your life, for your thoughts, attitudes, and actions—the way you've treated people. If you're carrying guilt and shame from your past—for your mistakes—you need to go to God and give him your guilt, and your shame, and ask for forgiveness.

There's a verse in 1 John 1:9 that says "If we confess our sins, He is faithful and just to forgive us, and cleanse us from all unrighteousness."

What this verse is saying is, that God loves you, and He wants to forgive you, and all you have to do is just confess to Him. You don't have to go to a priest. You just need to get with God. Just confess your sins to Him, and the He will forgive you and purify you, and "cleanse you from all unrighteousness." That means that He's giving you a clean slate.

Imagine if you wrote all of your sins on a whiteboard, in front of God. It would fill up the entire whiteboard. It would be completely black. And then you say, "I am sorry. I've done all these bad things, forgive me…" And He says, "Yes, I forgive you." Then he gets the eraser, and erases them all, and it's done. He will not hold them against you anymore. You are free from the mistakes of your past.

Once you understand that God loves you, and that He is willing to forgive you immediately, then you can forgive yourself. There's no reason you should beat yourself up, and not forgive yourself for your past mistakes, once you understand—once you know in your heart—that God loves you, and is willing to forgive you if you ask.

One of the most beautiful parables in the Bible about how God relates to us is the parable of the prodigal son. This is a parable that Jesus told, about a young man who decided that he wanted his inheritance early. His father was wealthy, and he said, “Dad, I’m moving to the city and I want all my inheritance now.”

So, his father gave him his inheritance and he moved away— he moved to the city—lived it up, partied, made a bunch of new friends and was a big shot for a while, until he ran out of money. And then all his new friends left him, and the only job he could find was feeding pigs. He was so broke that he found himself eating pig slop because he was so hungry.

While he is working this job feeding pigs—and eating pig slop—he realizes that his father’s servants had a better life than him. So, he thinks to himself, *There’s no way my father will take me back as his son after what I’ve done, but maybe he’ll let me be one of his servants. At least, I’ll have a better place to stay and food to eat, because anything is better than this.*

He was ashamed to return home, having foolishly wasted his inheritance. But he makes the journey back to his father’s estate, and as he approaches, his father sees him coming from a distance, and runs to meet him and greets him, and hugs him, and kisses him, and takes him into the main house, and get him cleaned up, and puts a robe on him, and puts a ring on his finger, and throws a big celebration. His father had every right to disown him and send him away, but instead he forgave him, and brought him right back into the family.

That’s a picture of how God relates to us, because even if we spend most of our lives running from God, or rejecting Him, as soon as we turn back to Him, He's there with open arms ready to embrace you, and bring you into the family. It’s a beautiful parable about how much God loves us, and how quick He is to forgive us, no matter what we’ve done, if we just turn back to Him.

God loves you. He wants to forgive you, and there's no reason you can't forgive yourself once you understand that he's willing to forgive you.

Reducing stress involves not only the physical things in your life that are causing stress—bad habits, negative information, people, projects, and problems—but also what's going on in your mind: negative attitudes and emotions that you're harboring like bitterness, resentment, and unforgiveness. All these things must be addressed.

You've got to face your problems head on. You've got to make a plan. And once the plan is in motion, your stress will be lifted immediately.

Get busy solving your problems. As soon as you start to take action to solve your problems, to remove stress, to forgive, to have those difficult conversations you need to have… As soon as you take action and get the ball rolling, you will feel the weight of that stress begin to lift off your shoulders.

So, I want to encourage you to get busy. Take immediate action. Do not procrastinate any longer. Solve as many of your problems, and forgive everyone who has hurt you as fast as you can.

The final thing is fear. Fear is a stress producing emotion.

We're coming full circle here, I talked about fear in the beginning—running from a tiger—and if you've been diagnosed with cancer, you're afraid. You're afraid of suffering. You're afraid of what the future holds. You're worried about your family, and your loved ones. Most cancer patients are super stressed before they are diagnosed, and then the diagnosis is a stress bomb. A cancer diagnosis is such a traumatic life event that it can cause PTSD symptoms like panic attacks, depression, and further immunosuppression.

What I want you to do now, is I want you to give your fear to God.

The way you forgive is the same way that you deal with fear. You give the people that have hurt you to God, and you give your fear to God. When you make your to-do list, to deal with things you're stressed about, cancer is definitely in there, right? The fear of cancer—the fear of suffering—that's stressful.

Now a lot of the items on the list are problems you can solve. And that's why we're making a to-do list. But some of them may be problems that you can't solve. Those are the ones you have to give to God. And fear is one of them—the fear of cancer, the fear of death, worries about the future— you have to give all of your fear and worries to God.

1 Peter 5:7 says, "Cast all of your cares on Him, because He loves you, and He cares for you." Psalm 55:22 says, "Cast your burden upon the Lord and He will sustain you. He will never allow the righteous to be shaken."

Cast your cares on Jesus. Give your fear to God. Lay it down.

Fear is something I dealt with every day when I had cancer. Most days I would get distracted, busy and working and I'd forget about cancer for a little while, and then I'd be reminded, and here comes a tidal wave of fear. But I learned to catch myself right in that fearful moment say, "God, I'm giving you my fear. I'm laying it at the feet of Jesus. I'm not going to be afraid. I trust You. You're in control; just show me what I need to do, or what I need to change. I trust you." That's the way I prayed every day, multiple times a day. Every time I felt the fear, I would just grab ahold of it, and I would give it to God and say, "I trust You. I'm not going to be afraid."

In the middle of fear is when you exercise your faith. If you're fearful and you're doubting, then you're not in faith. You can't doubt and believe at the same time. You have to choose to believe that God will work this out for your good. You have to choose to trust. You have to choose not to be afraid—to give all the what-ifs, the uncertainty, and the fear to God.

You have to stop worrying about the future and realize that the future is in His hands.

Your choices matter. But ultimately, your future is in His hands. Do everything you can do to support health and healing in your body and trust God with the rest. Trust Him with your future. I want to close this module with Jeremiah 29:11, which says,

"I know the plans I have for you, says the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future."

Module 7

Spiritual Healing

Welcome to Module 7. In this module I'm going to share some things that are very close to my heart. Cancer forced me to step out in faith and trust God in a way that I never had before. So I'm going to talk about my relationship with God and about how my faith got me through it.

Some of what I share will be encouraging and some of it may be challenging. But I believe it all will be beneficial to you. I'm really excited to share the faith component of my healing journey with you because this is where my heart is. And I can't promise that I'll make it through this module without getting choked up, so if I do, don't say I didn't warn you.

Backstory. I grew up in a Christian home, and came to know God at a young age, but I was a rebellious teenager, and I didn't completely surrender my life to God until I was 21. Five years later, I was diagnosed with colon cancer. At that time, my wife Micah and I were members of a small non-denominational church and I was playing on the worship team every Sunday: playing bass, drums, singing... wherever they needed me. I'd been really involved with the church for five years: in discipleship groups, going to Bible studies, going on church retreats, really just trying to grow as a Christian and honor God with my life.

When the cancer diagnosis happened, the first verse that came to

my mind was Romans 8:28 - “God works all things for the good of those who love Him, who have been called according to His purpose.” The shock, fear, anxiety, confusion, frustration, and everything that comes with a cancer diagnosis, those factors were all there, but I remembered that verse. And I chose to believe it. That’s what faith is.

Faith is choosing to believe.

It’s choosing to believe in something that you cannot see, something that you don’t have evidence of, or proof of yet. Simple faith is believing that God’s Word is true.

So I made a choice, to believe that God was going to work this for my good. Let me be clear. I didn’t like it. I was really unhappy about my situation. Cancer is not good news. It did not bring me joy. It was not a gift or a blessing. It was the worst thing that’s ever happened to me. But I chose to believe that God was going to work this bad thing for my good. I had no idea how, and I was very afraid. But, I made the choice to believe. And in my prayer life I was like, “Ok God, I don’t understand why this is happening, but I’m just going to believe that somehow You are going to work this for my good.”

As I was reading through the Bible, I came across the 34th chapter of Psalms, which was a huge encouragement to me. Verse 4 says, “I sought the Lord and He answered me and delivered me from all my fears.” Verse 17 says, “The righteous cry out, and the Lord hears and delivers them out of their trouble.”

The Sunday after I was diagnosed, my wife and I stood up in front of the whole church and I said, “Hi everybody… Um… I’ve been diagnosed with cancer… But I’m choosing to believe Psalm 34:19, ‘A righteous man may have many troubles, or afflictions, But the Lord delivers him from them all.’” That was the verse that I stood on. I just grabbed ahold of it. And I said, “This is me. This is my

verse. God is going to deliver me from this."

A question a lot of cancer patients ask, especially if they have faith, is, "Why did God allow this to happen?" I remember thinking, "*This is so unfair. There are thieves and rapists and murderers… evil people doing evil things every day. They deserve cancer! I don't deserve cancer. I'm one of the good guys! I'm playing music in church every Sunday morning. I'm not lying, and cheating and stealing from people. I put God first in my life for the last five years and I'm trying really hard to follow Jesus. And now I've got cancer? Come on!*"

Maybe you've had some of those same thoughts. It is like, "Why doesn't the child molester have cancer, not me?" So I started reading and researching the Bible because I was really struggling with this, and I needed to know if it was God's will for me to be sick, or if it was His will for me to get well.

For years I've heard people say, "Whatever happens is God's will," and "If you're sick, then it must be God's will". And people say things like, "Well, you know the apostle Paul had a thorn in his side." This is a common explanation for sickness that will extinguish your faith. It's basically saying the apostle Paul had some kind of ailment that God didn't heal, and you're no apostle, so what chance to do you have.

But I was not willing to accept that. I had to find out for myself if it was God's will for me to be sick, or if it was His will for me to be well.

So I spent some time looking up all the verses about sickness, disease, health and healing in the Bible, and I'm going to share some of these verses with you now.

Psalm 103 says, "Praise the Lord, oh, my soul. Forget not all of his benefits, who forgives all of your sins and **heals all your diseases**,

who redeems your life from the pit, and crowns you with love and compassion."

As I studied the Bible, I kept seeing God healing people over and over. I looked at the life and ministry of Jesus in Matthew, Mark, Luke, and John. If you don't know anything about Jesus, here's what He did: Jesus spent most of his time with the poor and the outcasts of society. The people no one cared about. He taught them about the Kingdom of God, and taught them how to live. And He performed miracles. He healed the sick over, and over, and over. Just read the book of Matthew and count how many sick people Jesus healed, it's amazing. That's all He did!

Some people believe that Jesus was just a good man or a prophet, but Jesus actually claimed to be God in the flesh, which presents us with what C.S. Lewis called the trilemma. "Any man who claims to be God is either a liar, a lunatic, or the Lord." Think about it. Jesus said, "I am the way, the truth and the life, no one comes to the Father but by me." (John 14:6) And that's the reason the religious leaders of his day conspired against him and crucified him.

I believe that Jesus is who He said He was, that Jesus is God in human form and that He rose from the grave and He is alive, and that He is the Lord, seated on the throne in heaven, and that we will all stand before Him when we die and give an account for our life.

Hebrews 13:8 says, "God is the same yesterday, today, and forever." He doesn't change. If that's true, then what Jesus was doing then, He is also doing now. It was His will and His desire to heal then. And it's His will and His desire to heal now. As I read the accounts of Jesus healing all these people, I started to believe that it is His will for me to be well.

Listen to this, Matthew 8:16, “That evening they brought Jesus many who were oppressed by demons. He cast out the spirits with a Word and **healed all who were sick**.”

In Matthew 12:13, Jesus says to a man with a crippled hand, ‘Stretch out your hand.’ The man stretched it out and it was restored, healthy, like his other hand. After that, the religious leaders conspired against Jesus on how to destroy Him. Jesus was aware of this, so He left. And many people followed Him, and **He healed them all,** and told them not to tell anyone.”

Matthew Chapter 14, “When Jesus went ashore, He saw a great crowd. And He had compassion on them. And **He healed their sick**.”

A few verses later it says, “The people implored Jesus that they might only touch the fringe of His garment. And **all who touched it were made well**.”

Chapter 15, “Great crowds came to Jesus, bringing with them the lame, the blind, the crippled, the mute, and many others. And they put them at His feet, and **He healed them**.”

Chapter 19, “Jesus went away from Galilee and entered the region of Judea. And large crowds followed Him. And **He healed them there**.”

Chapter 21, “The blind and the lame came to Jesus in the temple and **He healed them**.”

Those are just a few accounts from Matthew where Jesus healed people. There's another beautiful story found in Matthew, Mark, and Luke that I want to share with you as well.

There was a woman who had a hemorrhage for 12 years. She was bleeding. And by Jewish religious law, any woman who was

bleeding was considered unclean, and untouchable. She was an outcast. And it says that "she had endured much at the hands of many physicians, and had spent all that she had, and was not helped at all, but had gotten worse." Does that sound familiar?

After hearing about Jesus, she came up in the crowd behind Him and touched His cloak, for she thought, "If I just touch His garments, I'll get well." And immediately, the flow of her blood was dried up. And she felt in her body that she was healed of her affliction. At that moment Jesus, perceiving that power had gone out of Him, turned around in the crowd and said, "Who touched my garments?" And his disciples said, "The crowd is pressing in on you and you're asking who touched you?" Jesus looked around and saw the woman, and He knew that she was the one who had touched Him. And she became afraid. And she began to tremble. And she fell down before Him, and told him that she was sick and that she had come to touch His garment. And Jesus said to her, "Daughter, your faith has made you well. Go in peace and be healed of your affliction." (Mark 5:24)

I met a woman at a conference a few years ago, who told me her story. She said, "I had cancer. And in my prayer life, I became that woman. I became that woman who just needed a touch from Jesus." And she got well. She had been healed. Her cancer was gone. When she was telling me her story, I got all choked up; tears welled up in my eyes. I could barely keep it together. Because I knew where she had been… I'd been there too: down on my knees, desperate for a touch from God. Yes, I radically changed my whole life. I took responsibility for my health, for my diet and lifestyle, and for my environment, but, at the end of the day, I was depending on God to heal me, to lead me in the path of healing.

If you know my story, you may remember that my wife and I prayed after we got out of the hospital. And I said, "God, I don't know what to do…if there's another way besides chemo, please show me…" And then I got a book that helped me understand the

power that food has to promote health or disease, and that my body is a temple. And I needed to honor God through my body and rebuild my temple. I also believe in miraculous healing. I've seen it happen and I've heard many testimonials of it happening.

But the Bible says faith without action is dead. So you still need to take action to change your life, and rebuild your body, that's an important part of the healing process. Now, think about this very carefully. Jesus said to this woman, "Daughter, your faith has made you well."

Your faith has made you well.

In the next chapter, Mark Chapter 6, it says, "Jesus went back to His own country, and His disciples followed Him. And when the Sabbath came, He began to teach in the temple. And many of the people listening to him were astonished. And they said, 'Where did this man get these things? And what wisdom is this, which is given to him, that such mighty works are performed by his hands?'" They were like, "Where in the world did he get this wisdom and this knowledge and these abilities, and this power?" And then they said, "Is this not the carpenter? This is the son of Mary, and the brother of James, Joseph, Judas, and Simon. And aren't his sisters here too?" They were like, "We know this guy. This guy grew up in our neighborhood." And they took offense to his teaching. They thought that because he grew up in their town that he was not qualified to teach. And Jesus knew this and said to them, "A prophet is not without honor, except in his own country, among his own relatives and in his own house."

And here's the kicker, it says, "Jesus could do no mighty work there, except that He laid His hands on a few sick people and healed them. And He marveled because of their unbelief."
The unbelief of the people around him was so strong that it says "He could do no mighty work there." His ability to heal was hindered; it was blocked—by unbelief—by the lack of faith of the

people around Him. But don't forget, He was still able to heal a few sick people, which is amazing. And then it says, "He marveled at their unbelief…"

People sometimes get offended when you talk about the faith component in healing. "What are you trying to say? That it's my fault that I'm sick, that I'm not getting well because I don't have enough faith?"

I don't know, maybe it is. Are you full of doubt?

In Mark Chapter 9, a man brings his son to Jesus to be healed. The boy is suffering from seizures and the man says to Jesus, "If you can do anything, please help us." And Jesus says "If you can believe, all things are possible to him who believes" And immediately the father of the boy cried out, "I do believe. Help me in my unbelief!" And Jesus healed the boy.

If you're struggling with unbelief, just ask God to help you believe.

But here's a twist, it may not be your faith that's the issue, maybe you are surrounded by people with no faith— your church, your family, your friends. You may be surrounded by so much unbelief that it is blocking the process. If so, you may need to change your environment. You may need to get into a church community, a community of believers that has faith for healing, and faith for miracles. Find those people. There are people like this in every city and I want to encourage you to seek out people of strong faith that can pray with you, and for you. I thank God that I had people like that in my life.

Next, there are some very specific instructions about healing in the Bible, in the book of James. But first, let me share a few things that James says in Chapter 1. He says, "Consider it all joy when you encounter various trials, knowing that the testing of

your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing."

James is writing to Christians who are going through some tough times. And he's telling us to think differently, to consider it a joy (a good thing) when you encounter trials and difficulty because your faith is being tested. And when your faith is tested, it produces endurance. You learn to endure difficulty and that makes you better. Difficulties in life will change you, and if you approach them with the right perspective, they will make you stronger and wiser and better.

In verses 5 through 8, he says, "If you lack wisdom, ask of God, who gives to all generously and without reproach, and wisdom will be given to you. But you must ask in faith, without doubting, for the one who doubts, is like waves in the sea, tossed back and forth by the wind. A person who doubts should not expect to receive anything from the Lord because they are double-minded, and unstable in all their ways." That's a pretty strong statement. "A person who doubts should not expect to receive anything…" So this is the part where your faith is put into action. If you believe God for healing, you have to stand on that belief and refuse to doubt it. When doubt tries to creep in, you have to say to yourself, "No, I'm not going to doubt. I am choosing to believe. God is going to heal me. He is healing me now."

This is what I did. Some of you might think this sounds insane. I understand. I know it sounds insane. But I was desperate. And I was willing to do anything and everything to get well. I was willing to put all of my faith, hope, and trust in God, in Jesus, to lead me and to heal me.

I mentioned James had some specific instructions for you. Here they are: Chapter 5:13 -15 says, "Is anyone among you suffering? Then they must pray. Is anyone cheerful? Sing praises. Is anyone

among you sick? Then call for the elders of the church and they are to pray over you, anointing you with oil in the name of the Lord. And the prayer offered in faith, will restore the one who is sick. And the Lord will raise you up. If you've committed sins, they will be forgiven."

Notice he said, "The prayer offered in faith…" You need to be in faith, and the elders of your church need to be in faith. They need to be believers in healing. If you've never heard your pastor or elders in your church talk about healing, or talk about having faith for healing—faith for the supernatural—they may not have any. That's why I mentioned earlier, you need to get around some people who have faith for healing.

Verse 16 says, "Confess your sins to one another and pray for one another, so that you may be healed. The fervent prayer of a righteous person accomplishes much." Fervent prayer means intense prayer, passionately praying for something, and not giving up until you get it. That's how you need to pray.

There's a story in Genesis 32:24 about Jacob wrestling with God. And it says he wrestled with Him all night. And Jacob wouldn't let go until He blessed him. That is a picture of fervent prayer, where you're wrestling with God, and you're not willing to let go until you get what you need.

Jesus told a parable about this in Luke Chapter 11. There was a man who had a guest arrive in the middle of the night from a long journey. And the host didn't have any bread ready to feed his guest so he goes to his friend's house and knocks on his door asking if he could borrow three loaves of bread to feed his guest. And his friend is like, "No. Go away. We're all in bed." It's the middle of the night and he doesn't want to get up and bother with it. But the man is persistent and keeps knocking on the door until his friend finally gets up, and opens the door, and gives him some bread. This is Jesus explaining the way you need to pray. This is

fervent prayer. You just keep getting after it, going after God, asking Him for what you want and for what you need, over and over. Don't let up until you get it. Jesus told the parable. So it's okay to do it!

One of the most famous verses in the Bible is from Isaiah 53 in the Old Testament, and this is the prophet Isaiah predicting the Messiah, talking about Jesus, and he says, "Surely He has borne our griefs and carried our sorrows. Yet we esteemed Him stricken, smitten by God and afflicted. But He was wounded for our transgressions (for our sins). He was bruised for our iniquities. The chastisement (or punishment) for our peace was upon Him. And by His stripes we are healed."

I can't tell you how many times I've prayed that verse. I just said, "By Your stripes I am healed." I'm believing it. I'm taking a hold of it. This is mine. I'm putting my faith right here. "By Your stripes I am healed." Every day throughout the day, I would meditate on this verse and I would confess it.

Confession is where you take a Word of scripture and you apply it to your own life. You internalize it and make it yours. And you say, "By His stripes I am healed." Every day, I would say, "**I'm healed. I'm healthy. And I'm well, in Jesus' name**." I said it over and over again. "I'm healed. I'm healthy. I'm well, in Jesus' name." I was speaking life and health into my body.

You know the Bible also says in Proverbs 23:7, "As a man thinks, so he is." The entire self-help and success movement is built on that one verse. "As a man thinks, so he is." Your thoughts are powerful. And your thoughts create your reality. This sounds like woo-woo stuff to some people. But this is timeless wisdom. It's been rebranded many times, The Power of Positive Thinking, The Law of Attraction, The Secret… This concept originated in Proverbs:

"As a man thinks, so he is."

So I changed my thought life. "I'm healed. I'm healthy. I'm well." I chose to think that way about myself. Something incredible happens when you start thinking positively, when you start thinking about yourself in a way that you may not be yet, and you claim it, something happens. It starts in your mind, and it translates into your body. **I'm healed. I'm healthy. I'm well.** And, by the way, you can apply this to every area of your life. Instead of depending on encouragement from others, you need to encourage yourself: "I'm smart. I'm strong. I'm courageous. I'm loved. I'm worthy of love. I'm blessed. I'm successful. I'm kind. I'm generous. I'm valuable…" Encourage yourself in all these ways. Take every quality that you want to have, and own them.

I know this probably reminds some of you of Stuart Smalley from *Saturday Night Live*, looking in the mirror and saying "I'm good enough. I'm smart enough. And, doggone it, people like me!" But the truth is, affirmations work. I'm telling you, they work. You will be amazed at how good you feel when you start encouraging yourself. "I'm smart, I'm capable. I'm strong. I can do this. I'm healed, I'm healthy. I'm well."

Jesus was a healer. And He still is a healer.

So is it God's will for you to be sick? Well there are only three options here. One is He struck you with sickness to punish you or to get your attention—it's possible. Or your sickness is a result of the choices you made: your diet and lifestyle, the environment you put yourself in and the stress that you've allowed in your life. Or it's a result of the choices someone else made, like environmental pollution.

The cancer-causing factors in our diet and lifestyle and our environment don't have anything to do with God. And as I've said before, everything in life happens for a reason, and most of the

time the reason is you. The choices we make have consequences. If you make unhealthy diet and lifestyle choices for years, they will eventually cause problems in your body, and then you will reap what you've sown. You've sown seeds of illness, and you reap a harvest of disease.

So, either God struck you with cancer, or it's a result of your choices or the choices of others. Whichever it is, your response is the same. Your response needs to be: I surrender. If you have sin in your life, you need to repent, to turn away from it and surrender it to God, and stop doing it, whatever it is. If you're a liar, if you're a thief, if you are addicted to pornography, or you're cheating on your spouse or taking advantage of people, even being a gossip, whatever sin is in your life, now is the time to surrender, repent, and throw yourself at the feet of Jesus and ask for forgiveness.

Surrender your sin because sin creates sickness.

Sin separates us from God. It causes all kinds of stress like guilt, shame, anxiety, fear of being found out or caught… And that stress will produce sickness in your body. So you need to sort this out right away.

James 5:13-16 says, "If you have committed sins, they will be forgiven. So confess your sins to one another. And pray for one another so that you may be healed."

These are specific instructions. Go to the elders of your church, have them anoint you with oil, and pray for you to be healed. And confess your sins to your pastor or priest, or to someone you trust who isn't going to repeat what you've told them—someone that can stand with you and hold you accountable, an accountability partner. You and that other person can bear each other's burdens. That's a very special relationship that you can have with someone.

I don't believe it is God's will for you to stay sick. And let's get real

for a second. If you really believe that it's God's will for you to be sick, then why are you trying to get well?

If you believe that it's God's will for you to be sick, shouldn't you just embrace the sickness? Why are you getting treatment? Why are you trying to medicate it? Why are you taking pain pills? If you believe that it's God's will for you to be sick and suffering, shouldn't you just embrace the pain and suffering, and not try to dilute it? Wouldn't that please God and make you more spiritual?

I often hear people say, "It's God's will for me to be sick" while they are trying to get well. What they're saying and what they're doing contradict each other. So, which is it? Are you trying to go against God's will? Because you probably shouldn't do that if He wants you to be sick.

The reason I'm so confident that it's not God's will for you to be sick is because of Jesus. Jesus was a healer. He was always willing to heal. And He's the same today as He was then. And you know what happened when He healed people? He glorified God. It brings God glory when people are healed. It doesn't bring God glory when people are sick and suffering. If it did, then Jesus would have just gone around spreading disease and hurting people. That doesn't make any sense! God isn't glorified in your sickness. He's glorified in healing, in restoration of health, and restoration of relationships.

God is a God of restoration.

Now, of course He can be glorified in any situation. But what brings Him ultimate glory and what attracts people to Him is His love and kindness—His love for us and the fact that He wants to restore our health and our relationships, and take our broken, messed up lives and rebuild them into something wonderful and beautiful. The truth is self-evident, and when you think these things through, it's not hard to believe that it is God's will for you to be well.

There's an example in John chapter 9 where Jesus heals a blind man. And you know what He said? He said, “Neither this man or his parents sinned.” Because the belief of the day, was that if you were sick, or born blind or whatever, that you were being punished for sin, or for the sin of your parents. But Jesus said, “Neither this man nor his parents sinned, but that the works of God should be revealed in him.” He’s saying, this man was born blind so that God’s work could be revealed in him by Jesus healing him.

Two chapters later, Jesus is talking about Lazarus. And He says, “This sickness is not unto death, but for the glory of God, that the son of God”—He’s talking about himself—“may be glorified through it.” He’s saying, “This sickness is for me to be glorified, not *in* the sickness, but in the healing of the sickness.” But people twist this around. They think, “Oh, God is glorified in your sickness.” No! He’s not glorified when you’re sick and suffering from disease, He’s glorified in your healing. Focus your faith on that.

In John 14, Jesus states it clearly, “Whatever you ask in my name, I will do, that the Father may be glorified in the Son.” And that’s why, when I prayed to be healed, I was praying in Jesus’ name.

“Father, I’m asking for healing in Jesus’ name. And I’m believing You're going to do it, because You said that whatever I ask in Your name You will do. So I’m holding You to Your word. And I’m choosing to believe that, and that only. And I’m not going to doubt it.”

Doubt can creep in, but you can squash doubt. Doubt is just a thought, and you can change your thoughts. It’s a practice. It’s a discipline. And every person needs to work on this. I still work on it daily. But when doubts creep in, I just say to myself, “No, I’m not going to doubt. I’m going to believe.”

When I was struggling the most I would listen to praise and worship music. Back then I used to go to church with the guys from the band, Skillet. We went to a non-denominational church in Memphis called Covenant Community Church and Skillet released a live recording of a worship set they played called Ardent Worship. And I would listen to that in my car and sing along, and get all choked up, and be encouraged and refreshed, just worshipping the Lord in the times when I was the most unsure and fighting the fear and doubt.

That's a great thing to do, not only to fight the fear and the doubt with your thoughts and with your prayer life, but also with worship. Find some worship music that resonates with you and play it non-stop. **Just stay close to God.** And speaking of singing, there was a study conducted by Tenovus Cancer Care and the Royal College of Music in London which found that singing for an hour actually reduces stress hormones like cortisol, and boosts your immune system!

Another thought-provoking story I found in the Bible was the story of Asa. Asa was one of the Kings of Judah. 2 Chronicles Chapters 14-16 tells the story of his life and it says that "Asa did what was good and right in the eyes of the Lord his God. He took away the foreign altars and the high places and broke down the pillars and cut down the Asherim and commanded Judah to seek the Lord, the God of their fathers, and to keep the law and the commandment."

Asa was a king who wanted to honor God, so he tore down all idols and temples where people were worshipping other gods. And it says his kingdom, the nation of Judah, was blessed with peace and prosperity during his reign.

Later on in Chapter 16 it says, "In the thirty-ninth year of his reign, Asa was diseased in his feet, and his disease became severe. Yet even in his disease he did not seek the Lord, but sought help

from physicians. And Asa died two years later."

Asa was a king who honored God during most of his reign, and was blessed for it, but when he got a disease in his feet, which could have been what we now know as diabetes, he didn't seek the Lord. He took his problem to physicians who couldn't help him and he ended up dying from it.

There's a really important lesson here, and that is we've got to put our faith, hope and trust in God first. Not in food, not in doctors, those things have their place, but your faith, hope and trust needs to be in God. You need to take your problems to Him first. Don't let people around you rush you into treatment that you're not ready for, and that you don't agree with. Don't let them use fear to motivate you to take action, because fear-based decisions are often the wrong ones. They're often bad decisions.

You need to make faith-based decisions, not fear-based decisions.

Isaiah 40:31 says, "They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles, they shall run and not be weary, and they shall walk and not faint."

If you have cancer, this is the time for you to wait on the Lord. If you don't have clear direction on what to do next, don't feel like you have to rush into treatment.

The Bible says, "Be still and know that I am God." (Psalm 46:10) You need to get still, and quiet, and listen to God. And let Him speak to you. This may mean getting away from everyone for a few days and spending some time alone in prayer and fasting, in a hotel room or a tent. Just you, and your Bible, and God.

Fasting is very powerful. I talked about it in module 5 and it's throughout the Bible. Jesus did it. When you're really serious about something, when you've got a serious problem, fasting and

prayer is the best approach. You just stop eating, drinking water is fine, and you take your problem to God. And you devote some time, a day or a few days, maybe more, to seek the Lord and get an answer. Do whatever you need to do, this is your life, and you may need to do something radical here.

The lesson from Asa is very simple. He didn't trust God. He trusted the doctors and they failed him, just like the woman with the issue of blood who I talked about earlier. Remember it said, "She suffered greatly at the hands of many doctors and had spent all that she had and had only gotten worse".

As a culture, we have been conditioned to put our faith, hope and trust in doctors first. And I want to encourage you to put your faith, hope and trust in God first. Ask Him to lead you. And don't do anything until you've heard from Him, until you have peace and confirmation about your next steps. Of course you don't need to wait to make positive changes to your diet and lifestyle, those things can only help. But rushing into treatments that could cause irreversible harm, and could be life-threatening.... That's something you need to seriously consider and wait on the Lord about.

A great thing to ask God in prayer besides "Show me what I need to do," is "Show me what I need to change." Ask God to show you what you need to change in your life. And He will. Things will come to mind that you know are wrong in your life that you need to change. Ask and listen. And then take action. Make those changes.

Ok, so here are the takeaways. It's not God's will for you to be sick. It's God's will for you to be well. And we know that, because Jesus was a healer and healed everyone who asked for it. He never turned anyone away. But the only time He couldn't heal some people was when He was surrounded by unbelief. So, it is God's will for you to heal. But there are some specific things you need to do.

You need to repent of any sin in your life. You need to ask for healing. You need to pray fervently, because that accomplishes much. You need to pray like your life depends on it, because it does. You need to be that woman who was desperate to get a touch from Jesus. You need to be that man who's beating on his friend's door in the middle of the night until he opens it. You need to be like Jacob, wrestling with God all night, refusing to let go until you get what you need. **That's you.**

You need to confess your sins to someone. Get that burden off of you. And you need to go to the elders of your church and have them lay hands on you and anoint you with oil, and pray for your healing. I did all of these things. I took this very seriously. Some of the sweetest and most powerful times in my life were the moments where I was the most afraid and I was really pressing into the Lord and depending on Him completely, and He gave me peace in the middle of the storm. Cancer wasn't a gift or a blessing, but God used it to bless me.

Like those verses I quoted in the beginning, God worked that bad thing for my good, because I love Him and I know I'm called according to His purpose. I know He has a purpose and a plan for my life. And He has a purpose and a plan for your life. You just need to believe it. **Believe it.**

I stood on Romans 8:28 and I stood on Psalm 34:19, "The righteous man may suffer many afflictions, but the Lord delivers him from them all." And He did. He delivered me. And I believe He can deliver you, and that He will deliver you.

If you don't know God, if you don't know if there is a God, all you have to do is reach out and ask. Just get alone, and get quiet, and say, "God, reveal yourself to me. Here I am. I'm ready. I'm open. I'm willing to believe. Just show Yourself. I want to know You. I want to know who You are. I want to know if You're real. I want to

know that You love me and that You care for me. So, here I am. Show me what I need to do and show me what I need to change."

If you pray that way, God will reveal Himself to you. Things will start happening in your life. Amazing, incredible, supernatural things will happen in your life. You just have to be open and ask for it.

Find a Bible and read about the life and the words of Jesus. Read Matthew, Mark, Luke, and John. Start with those four books. If you want to know what God is like, if you want to know what God's heart is like, you'll see it in Jesus.

I'm going to leave you with one more verse. And that's Matthew 7:7-12. This is what Jesus said. He said, "Ask, and it will be given to you. Seek, and you will find. Knock, and the door will be opened to you." (Just like the guy knocking in the middle of the night) "For everyone who asks, receives, the one who seeks, finds. And to the one who knocks, the door will be opened." God loves you. He wants a relationship with you. He wants to restore you. He wants to restore your life, your family, and your health.

Ask, and you will receive. Seek, and you will find Him. Knock, and the door will be opened for you.

Module 8

How Exercise & Rest Activate Healing

In this module, we are going to talk all about exercise and rest, two components of health that go hand in hand. In Western nations, we don't get enough exercise. And we don't get enough rest. I know that sounds contradictory, if we're not exercising a lot, then we must be resting a lot, right? Wrong-o!

If you look at the way we're living in westernized industrialized countries, we are too sedentary. We're seated for most of our lives. We sit down to eat breakfast. We sit to travel to work. We sit at work (most of us). We sit on the way home from work. We sit down to eat lunch and dinner. And then we sit in front of the TV or the computer until we go to bed. The populations around the world with much lower rates of cancer than us, are also much more active.

Movement is life. You need to move. You need to be in motion. When you're in motion, you are circulating your blood and lymphatic system. But if you're very sedentary all day, your heart rate is going to be low. Your heart is not going to beat as many times, which means your blood is not going to circulate throughout your body as many times as it would if you were walking all day.

The first principle of exercise is you just need to move more.

Cultures that move more have better health, and I want to get you excited about exercise and movement. So, I'm going to start with some studies to show you just how incredible exercise is for cancer prevention and healing.

Truth is simple. Diet and exercise are key components of health. Eating an organic whole food plant-based diet, and moving your body are the two most important things you should do first before you spend a bunch of money on supplements and alternative therapies.

So, you need to move more every day. And the latest research has shown that movement throughout the day is more beneficial than going to the gym for 30 minutes or an hour once a day. This may involve tweaking your routine so that you can move more.

Some easy examples to start with: walk or bike to work. If you drive to work, park at the far end of the parking lot, which will force you to walk a little more every day. Do the same thing whenever you go to the grocery store or shopping. It's funny how people will circle the lot for five minutes just to get a parking space close to the door. Parking at the back of the lot not only gets you more exercise, but it also protects your car from scratches and dings. That's a pro tip.

Take the stairs instead of the elevator. Now, if you work on the hundredth floor in a high-rise building, then you may only want to take the stairs halfway. I'm kidding. But why not take the stairs up a few flights and then take the elevator the rest of the way?

Being sedentary for hours at a time is now considered so unhealthy that experts now believe that "sitting is the new smoking". Here's the remedy. Set a reminder on your phone and every hour or so get up from your desk and take a lap

around the office for five minutes. Walk around the building; go up and down a few flights of stairs, whatever. This will increase blood and lymph circulation, and clear your head.

Another option is a standup desk. You can also order a standup desk converter kit on Amazon, which is a platform you put on top of your normal desk. And you can set your laptop—or your mouse and keyboard—on it and work standing up some of the time. That's what I do. They also sell adjustable desks now that you can easily raise and lower to work sitting down or standing up.

Even better is a treadmill desk. Some of you may have seen my interview with Dr. Michael Greger. He walks 16 miles a day working from his treadmill desk. There are companies that sell treadmill desks. But you can also just buy a used treadmill somewhere and then add a platform or shelf to it for your computer or laptop. Just be creative and come up with some ways you can incorporate more movement into your work day.

Ok, so you need increased movement throughout the day and you need deliberate exercise: moderate aerobic exercise six days a week like walking, short runs, bike riding, yoga, dancing, karate, wrestling, jumping on a rebounder or a trampoline, whatever you enjoy.

Exercise boosts your T-cell production and improves your immune function. It increases oxygenation of your tissues. It improves the function of antioxidant enzymes, and triggers the release of endorphins that make you feel good. Exercise also combats the loss of muscle tissue and bone mass. If you're a cancer patient or elderly, exercise will keep your muscles and bones strong. The best way to prevent osteoporosis—weak bones—is not by taking calcium. You don't need more calcium. You need to stress your bones.

You've heard the expression, "Use it or lose it," right? Well, one of the reasons that older people get brittle bones is because they stop doing physical work. They become less physically active. Lifting heavy weight sends signals to your body to strengthen your muscles and bones. Whatever is heavy for you is a good weight to lift.

Some of the best weightlifting exercises are the deadlift, which is lifting weight straight off the ground on a bar, the bench press, the overhead press, the row, and the squat or leg press. These are simple weight training movements you can do on a machine in any gym. And if you are not accustomed to going into a gym, it's okay. There are trainers there that can help you. Just tell them you want to do a few sets of heavy weight, heavy enough that you can only do around five reps. And they will help you find the appropriate weight, so you don't injure yourself.

When you exercise, you're sending signals to your body to live, to get healthier and stronger, and increased circulation speeds up the healing process. So, you need increased circulation, not just blood circulation, which provides oxygen and nutrients to your body, but lymphatic circulation, which carries metabolic waste away from your tissues.

Diet and exercise affect your genes.

They literally turn your good genes on and your bad genes off. There's a famous Finnish study done on twins. And this study showed that exercise reduced mortality—that's death—by 66% on the twins that exercised versus their twin counterparts that didn't. Genetics had nothing to do with it, it was all about their choices.

There's another well-known study which found that breast cancer patients who walked 30 minutes a day and ate five

or more servings of fruits and vegetables per day had half the risk of recurrence after nine years compared to patients who didn't exercise as much or eat as many fruits and vegetables. Repeat. 30 minutes of walking a day and five servings of fruits and vegetables resulted is a 50% decreased risk of cancer recurrence after nine years. That's incredible! Anybody can do that. You can do that.

In a 2014 study of over 4,600 Swedish men with early-stage prostate cancer, the men who walked or biked every day for 20 minutes or more had a 39% lower risk of dying from prostate cancer, and a 30% lower risk of dying from any other cause compared to the men who were less active.

Another 2014 study, published in the *Journal of Clinical Oncology,* found that colon cancer patients who exercised seven hours a week or more—that's about an hour a day—were 31% less likely to die from *any* cause than those who didn't exercise at all. The study also found that patients who averaged five hours of TV watching per day were 22% more likely to die than those who watched less than two hours of TV per day. Kill your television before it kills you.

Now the best exercise for your immune system is rebounding, jumping up and down on a trampoline. If you don't know what a rebounder is, it's a small one-person trampoline. I made a video about this years ago, that you can watch at www.chrisbeatcancer.com/rebounding.

Rebounding is the best way to move your lymphatic system. Anyone can do it. And you can do it for a long time without getting tired because it only requires a gentle bouncing motion, where your feet don't even leave the mat.

Your lymphatic system is a series of one-way valves. And it only moves when you move. That's why movement is so important to detoxification because your lymph system

doesn't have a pump like your cardiovascular system. So, when you're sedentary, it's not moving much. But when you're walking, when you're doing physical work, when you're picking things up, when you're putting things down—every muscle contraction in your body moves your lymph system. Even breathing. And deep breathing moves your lymph system more than shallow breathing.

So, moving your lymph is key. If you have cancer or you want to prevent it you need to create daily habits that keep you in motion, and you need 30-60 minutes a day of deliberate aerobic exercise. But it doesn't have to be in one block. Break it up however you want. You can rebound 10-20 minutes in the morning, 10-20 minutes around lunchtime if you're home, and another 10-20 minutes in the evening, and another 10-20 minutes before bed. Do it while you're watching TV, instead of sitting on the couch, just gently bounce on the rebounder.

I love to take my rebounder outside, and do it in the fresh air and sunshine, when the weather is nice. The brand I've used since 2004 is called ReboundAir, founded by Al Carter, the pioneer of rebounding back in the 1970s. www.rebound-air.com

If you don't have a rebounder, or if you can't afford one, just walk. Walk for 10-20 minutes two or three times a day. And try to incorporate some light running. Run a little bit and walk a little bit. Or ride your bike. Join a fitness class. Do yoga, Zumba, Jazzercise... any kind of activity where you are moving your body, increasing your heart rate, sweating, and breathing hard, is wonderful. There are no rules here. You just need to find something you enjoy and do it.

This also includes swimming. But stay away from chlorinated pools. Chlorine is toxic, but if you can find a

saltwater pool to swim in, or the ocean, or a clean lake or river, that would be preferable.

Now, there can be too much of a good thing. Extreme exercise can produce excess amounts of stress hormones like adrenaline and cortisol, which can suppress your immune function and increase your risk of infections or illnesses, like cold, flu, et cetera. Running for two 1/2 hours straight, drops your natural killer cell count by about 50% and marathon runners are six times more likely to become ill after a race because of the immunosuppression.

Extreme exercise creates excessive catabolic stress, which means more free radicals, and more cell damage. It depletes your antioxidants, suppresses your immunity, and breaks down muscle tissue. So, take it easy. Don't start bodybuilding. Now, I've been doing CrossFit type exercise for five years. But for a cancer patient, that may be too extreme in the beginning. Strength training can be good. But if you're competitive and push yourself too hard you'll end up in a depleted, drained and over-trained state.

Getting a little bit sore from time to time is ok. But don't get so sore that you can barely move the next day, that's counterproductive. If you're trying to heal cancer, you don't want to divert your body's energy to repairing strained and stressed muscles when it needs to be focused on breaking down tumors.

Hopefully that makes sense to you. Again, if you're moving every day, if you're running, doing yoga and walking and rebounding and doing all these wonderful things, and you're in motion throughout the day, that's ideal. Beyond that, if you want to go to the gym a few times a week to lift weights, it should be fine. Just keep in mind, extreme exercise can suppress your immune system for up to 72 hours after an intense long workout. So, don't overdo it.

Just be consistent and keep moving your body.

Like I said before, movement is life. Exercise switches on cancer protective genes, and switches off cancer promoting genes. Exercise improves your immune function and it improves your mood. Studies have shown that exercise works as well as or better than some antidepressant drugs. Exercise is so good for you. You need to do it every day.

Now, let's talk about the flip side, which is rest. You need a lot of rest. And you need good quality sleep because sleep deprivation suppresses your immune system. And you need a strong immune system to get well, and stay well.

Your diet, exercise, and sleep habits are critical to having a strong immune system.

While you're sleeping, your body produces hormones that help fight infections. A study at Carnegie Mellon University found that healthy men and women who, slept less than seven hours a night, were three times more likely to develop cold symptoms after they were exposed to a cold-causing virus when compared to people who slept eight hours or more.

Most people need 8-10 hours of sleep every night. And you need to go to bed earlier. Think about our ancestors. Our ancestors often went to sleep a few hours after sundown. And they slept less in the summer and more in the winter. They were in harmony with nature. They were in tune with the cycle of the sun.

When the sun rises, the light sends signals to your body to wake up. And when the sun sets, the darkness, the absence of light, sends signals to your body that it's time to sleep. But the problem is, we live in a modern electrified world, and we keep the lights on and the TV on late into the night

and we keep ourselves awake when we should be sleeping.

There are some people—especially Type A people—who become workaholics and only sleep four to six hours a night because they are so determined to accomplish things. Granted, you will accomplish a lot more working 18-20 hours a day. But you may die very young or get sick very early in life. And then you'll realize it wasn't worth it. Whoever came up with the analogy of burning the candle at both ends was a genius.

You need good quality sleep, 8-10 hours.

There was a Japanese study of 24,000 women ages 40 to 79. And they found that the women who slept less than six hours a night were more likely to develop breast cancer than women who slept longer. The 2011 Nurses' Health Study—from Harvard—also found an increased risk of breast cancer in those who didn't get enough sleep. A 2010 study at Case Western found an increased risk of colon cancer for people who slept less than six hours a night.

Even interrupted sleep can make cancer aggressive, and feed its growth.

There was a study in 2014 done at the University of Chicago where they took a group of mice and interrupted their sleep every couple of minutes throughout the night. The tumors on those mice grew twice as large as the tumors on the mice who slept normally without interruption. And this was after only four weeks of interrupted sleep for mice.

Keep in mind mice have a much shorter lifespan. Four weeks to a mouse is a couple of years to a human. Your tumors aren't going to double in four weeks if you don't get good sleep, but if you sleep poorly for years it could make you more vulnerable to cancer. Interrupted sleep causes

immunosuppression.

If you're a light sleeper and things are waking you up in the night, you need to make some changes to get better sleep. A solution for that is a sound machine. It's a white noise machine that sounds like a fan. We use an air purifier in our bedroom to clean the air and for the white noise. I also have an app on my cell phone called Sleep Pillow that I use when I travel.

So, you need 8-10 hours of quality uninterrupted sleep. And you need to go to sleep within a few hours of sundown.

This is going to take some getting used to, because if you're used to going to sleep at midnight, it's going to be hard to fall asleep at 9:00 or 10:00 PM. But eventually your body will get into a new routine where you can fall asleep quickly and earlier. 11:00 PM to 1:00 AM has been identified as a critical period to recharge your internal systems like your adrenals. So, getting in bed around 8:00 or 9:00 PM and falling asleep before 10:00 PM would be ideal. Earlier is fine, too.

Next, you need to sleep in total darkness, because light in your bedroom at night can interfere with one of the most powerful anti-cancer hormones in your body. That's melatonin.

Melatonin is an antioxidant five times more powerful than vitamin C. And it increases the effectiveness of killer immune cells that fight off foreign invaders and cancer cells. Melatonin also increases the activity of superoxide dismutase and glutathione, which are antioxidants and detoxifiers of your body. Melatonin promotes cancer cell death in many different types of cancer cells, and tumor growth is restrained by the nighttime surge of melatonin in

your body. So, you need the naturally-produced melatonin that happens in your body when you sleep in the dark.

If you're wondering about melatonin supplements, I have yet to see research which indicates that melatonin supplementation at night has the same anti-cancer effect.

Here are some simple steps for you to take to improve the quality of your sleep.

You need to black out your windows. If you've got a lot of light coming in your bedroom windows, cover them with blinds or curtains. If money is tight, cover them with garbage bags. Don't use night lights, and definitely don't sleep with the TV on. If you have an alarm clock, you might want to turn it and face it against the wall or cover it up if it's really bright. Now, there's one catch. If the sun normally wakes you up, blacking out your windows will prevent that. So, you will need to set an alarm.

I normally wake up naturally without an alarm but when I need to wake up extra early to catch a flight, I use a sunrise alarm clock. It gets brighter and brighter gradually, like the sunrise. And it wakes you up in a really nice, gentle way, as opposed to the awful stress-inducing alarm clock buzzer or radio blaring. So, I recommend you invest in a sunrise alarm clock. Just look for the brand with the best Amazon reviews.

Now let's circle back to melatonin for a second, because there are a few other things that interfere with melatonin production in your body. One of them is stress. If you have a lot of worries, fears and anxieties, they will keep you up. And they will wake you up and prevent you from getting good, rejuvenating sleep. You have to stop worrying about the future.

I devoted an entire module to help you identify and eliminate the stress in your life. That's Module 6. Hopefully you've watched it.

Nighttime exercise also interferes with your body's ability to produce melatonin. If you do it at 4:00 or 5:00 PM, you're fine. But if you exercise too late in the night, it can interfere with your ability to fall asleep, and your ability to produce melatonin. Caffeine, tobacco, and alcohol also interfere with melatonin production.

There are over 100 brand name and generic drugs that are known to interact with melatonin. Over 100! So, if you're taking any drug, whether it's prescription or over-the-counter, it's probably affecting your melatonin production.

If you're having trouble sleeping at night, and you're taking any type of medication, that may be the reason why. I am not a doctor. This is not medical advice. But I think it's wise to get off prescription medication, because most prescription drugs only alleviate symptoms and can cause many additional problems in your body over time. But you don't want to stop taking something that is keeping your heart beating. So, talk to your doctor before getting off any prescription medication.

Take naps.

Naps are an awesome way to recharge your brain and your body. Some of the healthiest people groups around the world, with the longest lifespans, are also nap takers. So, let's follow their example and take more naps, as often as you feel like it. You have permission to take a nap. You're not being lazy. There's nothing wrong with you. It's a healthy practice. Whether it's 15 minutes, 45 minutes, or 2 hours. Everybody's different. Just take some naps.

The final component in rest is taking a day of rest, taking

one day a week off. This is a Biblical principle that goes back to Genesis, in the very beginning. God rested on the seventh day after creating the earth. Why did God take a day of rest? Does God need rest? No. He took a day of rest as an example to us, to show us that it was important. This is a Biblical principle. And it's one of the 10 Commandments, right up there with do not commit murder! “Remember the Sabbath day and keep it holy. Six days you shall work. And the seventh day is a day of rest to the Lord. And you shall not do any work.” That's straight from Exodus 20.

The Seventh-Day Adventists in Loma Linda, California are the longest living Americans. The Adventist men live seven years longer than the average Californian man. And they take a day of rest every week. They’re serious about it. Their Sabbath is on a Saturday like the Orthodox Jews.

You need a Sabbath day.

It could be Saturday. It could be Sunday. If you're a hairdresser, it could be Monday. You just need one day per week where you don't work, where you make yourself rest. I know this is hard for some people, especially if you are Type A.

But your body and your mind need rest. So, you just have to do this. One day a week do as little as possible. Don't think about work. Don't talk about work. Don't check your email. Stay off the Internet if it's work related. And just try to be at peace. Try to have some peace and quiet.

If you're a believer, go to church. Spend time with family and friends. Take a nap. That's our Sunday routine and we love it. Taking a day of rest is an important component of health and healing. Do not ignore this advice.

Okay, so let's recap. You need to be in motion every day, which means you may need to change your daily routine, whether that means working at a standup desk, walking or biking to work, parking farther away, taking the stairs, or all the above, anything you can do to move more is good. This also means spending less time being sedentary, watching television or on the Internet, and more time doing physical activities like walking, riding your bike, yoga, basketball, an exercise class, or a trip to the gym. Shoot for 60 minutes a day of deliberate exercise, in addition to increased movement throughout the day. But don't overdo it because extreme exercise can interfere with the healing process. Don't start training for a marathon or the Iron Man. Don't start bodybuilding. Just keep it light and frequent.

Also, make sure you're getting 8-10 hours of sleep every night in total darkness. Set the temperature of your house or bedroom a little cooler because we tend to sleep better in cooler temperatures, around 68°. If you get too hot or too cold in the night, you'll wake up more. So, you've got to get that perfect temperature balance set.

Your bedroom needs to be like a cave: cool, quiet, and dark. You can also use a sleep mask over your eyes. And to mask disturbing noises—things that go bump in the night—buy a sound machine, use an app on your phone, or best case, invest in an air purifier with an audible fan.

And remember to take a day of rest. One day a week, don't work, just rest. Let your body repair and regenerate and heal.

I want to close this module with a verse from Isaiah 40:31. "They that wait upon the Lord shall renew their strength. They shall walk and not be weary. They shall run and not faint."

Module 9

Cancer Healing Herbs, Teas & Supplements

In this module, I'm going to talk all about taking supplements: anti-cancer supplements, immune-boosting supplements, detoxification supplements, and supplements to address parasites, fungus, and bacteria.

But first the disclaimer, I am not a doctor and you are not my patient. This is not medical advice, and is not intended to replace medical advice. There's a lot of uncharted territory when it comes to supplements. And there is some risk involved. Typically, not nearly the risk of pharmaceutical drugs, but you could have a reaction to something you've never taken before. And if you take too much of anything, it can make you sick. If you drink six liters of water in one hour it will kill you!

There are additional risks if you're taking prescription drugs. Taking certain supplements with pharmaceuticals could cause serious side effects that may be life-threatening. For example, if you're taking a blood thinner and you're eating lots of fruits and vegetables or taking a supplement that naturally thins the blood, that could be dangerous. I'm not trying to scare you, but you should do further research beyond this module to be aware of any potential risks, and be cautious. And for the record, I did not take any over-the-counter or prescription drugs when I was healing cancer.

Ok, now that we've got that out of the way, let's get started. There are thousands of supplements on the market. And it's easy to get overwhelmed—what to take, what brand is best, how much to take. And let me be clear, I took a lot of supplements, but there's no way for me to know which supplements helped me and which ones didn't. I'm alive and well today, so I'm pretty confident none of them hurt me, but I may have wasted money on some that did not help me at all. I'm ok with that.

Having said that, there is a lot of scientific research on certain compounds proven to have significant anti-cancer and health promoting effects. So, it makes sense to supplement if you're not getting these nutrients in your diet, or if you just want to get more of them in your body. That was my approach, to overdose on nutrition. Square One is all about abundance. Giving your body more than enough and letting it use what it needs.

Now, if you're on a tight budget, and it's a stretch just to afford to eat an organic plant-based diet and juice, that's okay. Remember, **nutrition is the foundation of health and healing**. You've got to get the diet right. If you think you're going to take a bunch of supplements and keep eating burgers, pizza, and ice cream, then you're fooling yourself and wasting your money.

A lot of us have been brainwashed. We've been conditioned to put our faith in magic bullets. And those magic bullets are pharmaceutical drugs. And then we bring that same mentality into the natural world and we just want one pill, one natural supplement, one "natural cure" to fix our problem. In most cases, one pharmaceutical drug isn't going to fix your problem and neither will one natural supplement. It just doesn't work that way.

Now, there are some compelling anecdotes I've heard from people who have healed cancer by just doing one thing, like drinking 40 oz. of fresh organic carrot juice every day. But I think that's a risky strategy. I pulled out all the stops, took massive action,

radically changed my diet and lifestyle, and did everything I could find and afford. That's a fundamental principle of Square One.

There are four supplement categories we're going to cover in this module. The first is whole food supplements. The second is extracts and nutraceuticals. The third category is teas. And the fourth is detoxification supplements.

We'll start with whole food supplements. Number one on the list is…

Aloe vera

Aloe has been has called a miracle plant for centuries. It contains at least 75 active compounds including vitamins, minerals, enzymes, lignin, amino acids, and unique sugars like mannose.

Aloe accelerates healing in the body. It accelerates wound healing and gut healing. It reduces inflammation in your body. Topically it protects your skin from premature aging, it helps protect your skin against UV damage, and it helps heal sunburns. It also helps protect you internally from bacterial, fungal, and viral infections. And aloe can even help your body heal cancer.

I started taking aloe vera gel in 2004, and I still take it today. It's easy to drink straight, or you can add it to smoothies—you won't even taste it.

The most powerful compound in aloe is called acemannan. Acemannan is an immune stimulator. It's antiviral, and it's anti-cancer. Acemannan stimulates your immune system in a good way. It's not going to give you autoimmune disease. What acemannan does is it induces your macrophages, which are immune cells, to secrete three anti-cancer compounds: interferon, interleukins, and tumor necrosis factor A. It prompts your immune cells to produce more anti-cancer compounds in your body.

Now, I've consumed a lot of aloe brands over the years, and the highest quality aloe I've found is Stockton Aloe, founded by Rodney Stockton in 1953. Rodney lived to be 96. And he credited his long life and good health to daily consumption of aloe—no surprise there.

Stockton Aloe is raw aloe vera gel. It's hand-harvested, unfiltered, and preservative free. They freeze it immediately after harvesting. And they ship it to you frozen.

You can consume 1-8 ounces of aloe per day, if you're healthy. I typically put about 6-8 ounces a day in a smoothie. The therapeutic dose is up to 24 ounces a day. That's what I would shoot for if I had cancer now. Order it direct on their website which is www.Aloe1.com

Amla

Number two on the list is amla, also known as amalaki, also known as the Indian gooseberry. I take this in a dry organic powder form. Amla is the highest antioxidant food on planet earth and it has the second highest concentration of vitamin C. It is truly an anti-cancer superfood.

It's very hard to find amla fresh, almost impossible. You can get it frozen in some Indian markets. I don't recommend that either, because amla is bitter and sour and pithy and just awful. Just buy organic amalaki powder on Amazon. It's super potent, so start with a ¼ teaspoon mixed into water or juices or a smoothie and get it in your body that way. I add it to about 20 oz. of water that I drink first thing in the morning.

Apricot Kernels

Naturally bitter foods like apricot kernels contain a special compound called B17, which is also known as amygdalin. There's a long history about apricot kernels, B17, and its clinical form

which is called laetrile. I wrote an article about it a few years ago. Just google chrisbeatcancer B17.

Apricot kernels are an amazing food. It was first discovered by researchers who studied the Hunza peoples in Pakistan, who had virtually no cancer at all. And the Hunza eat massive amounts of apricots and apricot kernels. If you eat an apricot and you take the pit and you smash it with a hammer, inside, you'll find the kernel which looks like a flat almond, this is the apricot seed.

The general rule of thumb in anti-cancer circles is one to two kernels per 10 pounds of body weight per day. So, a 150-pound person could eat between 15 and 30 apricot kernels per day. But I've met cancer patients who've ate way more than that.

Again, it's just an apricot seed. So, it's not something to be afraid of. If you google it, you might find some websites trying to scare you about the cyanide in apricot kernels, but I've never heard of anyone who died from eating too many apricot kernels, meanwhile people are dying every day from pharmaceutical drug reactions, but I digress.

The advanced therapeutic dose is three to four kernels per 10 pounds of body weight per day. So, that would be a 150-pound person eating 45 to 60 per day. I recommend you start with 5-10 kernels the first day and work your way up. You can eat them with meals or between meals, doesn't matter.

Warning, apricot kernels are bitter. You'll be inclined to spit them out, but just chew it up, get through it, and get them down. Some people will chase them with juice or they'll eat them right before a meal, or blend them into a smoothie. I've gotten used to the taste and I just eat seven to ten in a row and get on with my day.

If you eat too many at once, you might get a stomach ache or feel queasy. If that happens, you should either back off a little bit, or if

you've been eating them on an empty stomach, try eating them with your meals. My favorite brand is Apricot Power; you can find them online.

Apricot Power also sells ground up apricot kernels in capsule form, which may be easier if you can't get used to the taste. And they sell B-17 capsules too.

Moringa

Moringa is a green leafy plant. It's one of the most nutrient dense plants on earth. Gram for gram, moringa has 10 times the vitamin A of carrots, 17 times the calcium of milk, 15 times the potassium of bananas, 25 times the iron of spinach, and 9 times the protein of yogurt. It contains all the essential amino acids. It is an amazing superfood. I order organic moringa powder on Amazon. You add ½ tsp or a teaspoon to water, juice, or smoothies. You can even put it in soup. I take it in the morning in water with a scoop of greens powder and a ¼ tsp of amla.

Greens powders are typically a blend of green leafy vegetables and cereal grasses that are juiced and dehydrated into a powder. There are lots of good brands out there. Barley Greens, Barley Max, Garden of Life Perfect Food, which is a blend of barley grass, wheat grass, chlorella, spirulina, and sprouts, pHresh Greens with a pH is another great blend. And Boku Superfood is another one I like. I just rotate between them.

When I was healing cancer, I would put a scoop of greens powder into my carrot juice because that was quicker and easier than trying to juice five or 10 different green leafy vegetables.

Ok, now let's move on to extracts and nutraceuticals.

Beta-glucans

Beta-glucans are polysaccharides found in barley, oats, mushrooms, and yeast. They are the most studied

immunomodulator on earth. There are over 14,000 published studies on PubMed referencing Beta-glucans. And it's currently being tested in roughly 100 clinical trials.

Beta-glucans activate and enhance your immune response to invaders like viruses, bacteria, and cancer cells. So, like aloe, Beta-glucans enhances your immune system. And I take it every day.

The rule of thumb is to take one 500 mg capsule per 50 pounds of body weight per day, so a 150-pound person would take three a day. That is considered the maximum effective dose.

The brand you want to get is called Transfer Point Beta-1 3D Glucan and you can get it at Better Way Health. If you use the coupon code "Chris," you can get 10% off your order.

Black seed oil

Black seed oil comes from black cumin seeds. The technical name is Nigella Sativa. In old Latin, this spice was known as panacea, which means "cure all." It contains over 100 compounds: amino acids, essential fatty acids, beta-carotene, calcium, iron, potassium, and a uniquely potent antioxidant called thymoquinone, aka TQ.

Black seed oil is another immune booster. In one study, people treated with black seed oil for four weeks had a 30% increase in natural killer cells.

Black seed oil also has potent anti-cancer benefits. Studies done at MD Anderson and Texas A&M found that black seed oil stops proliferation, metastasis, angiogenesis, and causes apoptosis on over a dozen types of cancer, including breast, colon, lung, skin, esophageal, pancreatic, ovarian, cervical, and leukemia.

Black Seed Oil stops cancer cells from dividing. It stops them from spreading. It stops tumors from forming new blood vessels. And it causes cancer cells to commit suicide.

Another study found that pre-treatment with TQ enhanced the effectiveness—and reduced the toxicity—of two pancreatic cancer chemo drugs. Essentially it made the drugs work better with less side effects.

The anti-cancer effects of black seed oil are so remarkable that in one of his papers, MD Anderson researcher Dr. Bharat Aggarwal stated that "It could be used as a potential drug candidate for cancer therapy." That's a strong statement. They're saying, "Hey, this could be a cancer drug. It's that powerful."

My friend, cancer survivor, and Black Seed expert Dr. Roby Mitchell recommends two tablespoons of BSO twice per day, plus two tablespoons of ground black cumin seed per day. Grind the seeds up in a coffee grinder and sprinkle it on food, mix into smoothies, or take a little bit at a time and chase it with water or juice, whatever.

You can get black seed oil online from Dr. Fitt or get Amazing Herbs Black Seed Oil on Amazon. Amazing Herbs sells it in capsule form as well, which is easy to take for prevention, but it would be way too many to swallow for therapeutic levels. It would be like 48 a day. So, it's best to take it in liquid form, but be warned, Black Seed Oil is some seriously funky stuff, it tastes like you're drinking something you bought at AutoZone. You will need to chase it with something like juice or a green apple to get the taste out of your mouth.

Colloidal Silver

Colloidal silver is a natural antibiotic. It's often referred to as your "second immune system" because it can help protect you from secondary infections. You drink small amounts, a few ounces, a few times per day. It can help mop up bad bacteria in the body and help your body with detoxification.

Colloidal silver is great to have on hand. It's great to mouthwash

and gargle with if you're getting a sore throat. You can do a Neti Pot nasal flush with it. You can also get silver gel to use topically on sores and skin infections. Silver is also used in wound bandages for burn victims because it is an antibiotic. And don't worry, you're not going to turn blue, just buy a reputable brand like Sovereign Silver or Argentyn 23 on Amazon.

A lot of people have seen the guy who drank too much colloidal silver and turned blue. His name is Paul Karason. But he drank ridiculous amounts of the stuff that he made himself. And he didn't make it right. And he turned his skin blue. I've consumed lots of colloidal silver… Never turned blue.

Turmeric and Curcumin

Turmeric is a super mega anti-cancer spice and curcumin is the active compound in turmeric. You need to get as much turmeric in your body as possible.

Buy turmeric root and juice it. Add it to your daily juice blend, as much as you can stand. You should also buy organic turmeric powder on Amazon and put it on over everything you eat: on the giant salad, in fruit smoothies, on any veggies you eat: rice, beans, lentils, and potatoes, whatever.

As far as supplements go, curcumin is one of the most important supplements of all along with vitamin D3. Curcumin targets cancer in multiple pathways. It's an anti-inflammatory. It stops cancer cells from dividing. It stops tumors from spreading. It prevents tumors from forming new blood vessels. And it causes cancer cells to commit suicide. It is an anti-cancer powerhouse.

A Baylor study found that taking curcumin while undergoing chemotherapy increases the effectiveness of the chemo and reduced its toxicity, just like black seed oil. Now, there are many patented forms of curcumin owned by different companies, and they all publish their own research claiming to have higher absorption than standard curcumin extract.

The most well-known forms of curcumin are Meriva, Longvida, BCM-95, Theracurmin, and C3 Complex. A few years ago, I saw a study that said BCM-95 was 7 times more absorbable than standard curcumin, so it became my curcumin supplement of choice, until I found out about Theracurmin HP, which according to their studies was 27 times more absorbable, so I switched.

But then I learned that many of these self-funded manufacturer studies are suspect because they often only measure the absorption of specific curcumin metabolites that have little to no anti-inflammatory or anti-cancer activity in the body. Basically, you may be absorbing more of something that doesn't help you. And on top of that, many supplement manufacturers make claims about the potency or effectiveness of their products based on research done on other products. This is unfortunately, very common, especially with curcumin.

Then I discovered Curcumin C3 Complex, which is the most clinically studied form of curcumin on the market, with 25 years of independent third-party research behind it, including 45 human clinical studies. No other form of curcumin comes close. C3 also has the highest purity and potency standards. It's non-irradiated, not extracted with toxic solvents, and it's tested for heavy metal contamination.

The curcumin supplement I have the most confidence in now is called Bosmeric-SR, which is C3 Complex plus boswellia, ginger and bioperine from black pepper, which is proven to increase absorption. Bosmeric SR was formulated by Dr. Sunil Pai MD; some of you may have seen him in The Truth About Cancer series. The advanced dose of Bosmeric-SR is two capsules three times per day and you can get it online at www.BetterWayHealth.com.

Having said that, there was a 2008 University of Michigan clinical trial which found that doses of standard curcumin as high as 20g

a day were safe in humans. Basically, they just kept giving people more curcumin every day to see if they could reach a toxic dose, and they never did. So, more could be better, but if you decide to take excessive doses of curcumin, remember, you do so at your own risk.

Boswelia

Now, let's talk about boswelia, also known as frankincense. Curcumin and boswelia are both powerful anti-inflammatories. They both have potent anti-cancer properties. And they each affect different pathways that: reduce inflammation, slow or stop cancer proliferation, and cause cancer cells to die.

Dr. Ajay Goel and his team of researchers at Baylor found that boswelia and curcumin have a synergistic effect, and work even better when they are combined. And Bosmeric SR combines them. It contains a form of boswelia called Boswellin PS, which is a standardized ratio of boswellic acids, AKBBA and polysaccharides manufactured with the same high purity and potency standards as C3 Curcumin.

Vitamin D3 is the #1 anti-cancer vitamin

A landmark study came out in 2016, which found that women over 55 with blood concentrations of vitamin D higher than 40 ng/ml had a 67% lower risk of cancer compared to the women with blood levels lower than 20. The researchers concluded that optimal levels for cancer prevention are between 40 and 60 ng/ml. And this study also found that most cancers occur in people with vitamin D blood levels between 10 and 40. So, if your vitamin D level is between 10 and 40, you're in the risk zone. And the lower it is, the higher your risk.

A 2005 study in the *European Journal of Cancer* found that women with blood concentrations higher than 60 had an 83% reduction in breast cancer compared with those lower than 20. So, you definitely want to get your D level between 40 and 60, but over 60

appears to be even better. Some cancer experts say 60-80 is a good target for your blood level for vitamin D3.

Now, the best source of vitamin D is sunshine, but it's difficult for most people to get enough sunshine to get their blood levels that high. So, that's why supplementation makes sense. You may have read that you need K2 to absorb D3, which is why some vitamin D3 supplements also contain K2, but many clinical studies have shown it is not necessary, and that D3 is easily absorbed in gel cap, liquid drops, or oral spray form without K2.

Be wary of any D3 supplement in a dry capsule. Those didn't work for me at all. So, check your blood work, and depending on where your D3 level is, you may need to take between 5,000 to 10,000 international units per day to get your blood level over 60, and then retest in 30-60 days to see where you're at, and adjust your D3 intake accordingly.

Vitamin C

During one phase of my treatment in 2004, I had IV vitamin C weekly. I was getting 40 grams over two hours. There is research and published case reports which demonstrate IVC selectively killing cancer cells but not normal cells. And in 2014, scientists at the University of Kansas Medical Center reported that high doses of IV vitamin C, given with chemotherapy, helped kill cancer cells and reduced the toxic effects of chemotherapy for some patients. This makes sense because chemotherapy creates massive amounts of free radicals and depletes the antioxidant reserves in your body, which makes you more vulnerable to free radical damage.

Vitamin C is an antioxidant that helps combat that excessive free radical damage. To learn more about IV vitamin C just google "University of Kansas vitamin C protocol" and "Riordan IVC". You can also google IV vitamin C and your city to see if there's a practitioner in your area.

Now, IVC can get expensive and may not be an option for you depending on where you live. I already mentioned that I prefer to take vitamin C in whole food form from amla, but there is also a high dose oral vitamin C protocol, which is inexpensive and involves taking increasing doses of vitamin C powder, pure ascorbic acid, every day until you reach bowel tolerance--that's diarrhea-- then you back it down about 20% and take that amount every day. So, if you get the runs after taking 30 grams in 24 hours, then your daily dose would be around 24 grams per day.

There's an interesting phenomenon with vitamin C which is, the sicker you are, the more vitamin C your body will absorb. A healthy person can typically only tolerate 15-20 grams of vitamin C per day before they get the runs, but a sick person may be able to take as much as 60-80 grams, or more, of vitamin C per day without getting diarrhea. To learn more about this, google "high dose oral vitamin C protocol for cancer."

Mushrooms

Mushrooms are immune boosters. I ate mushrooms every day on my giant salad. And I also took a mushroom supplement. I took an advanced dose of Garden of Life RM-10, which was three, three times per day. Since then, I've discovered several other good mushroom supplements. One is Host Defense MyCommunity, formulated by Paul Stamets who is one of the world's foremost experts on mushrooms. And the other is Mushroom Wisdom Maitake D-Fraction, which has been clinically studied and found to have immune boosting effects. All three of these brands are on Amazon. Just alternate between them.

Having said that, mushroom supplementation may not be necessary if you're eating mushrooms every day. Also, beta glucan is one of the key immune-boosting compounds in mushrooms. So, if you're taking a beta glucan supplement, and eating mushrooms daily, taking a mushroom supplement may not offer much additional benefit.

Now let's talk about your gut

For gut health, there are three supplements that I like. Number one is probiotics. A large percentage of your immune system—it's estimated 60-80% of it is in your gut. And gut bacteria are an essential component of your immune system. If you have surgery or any kind of medical procedure that requires taking antibiotics, that destroys a lot of the good bacteria in your gut, which affects your immune system.

Chemotherapy does severe damage to the gut, so probiotics are essential to take after surgery, after antibiotics, and if you're taking chemotherapy, to help repopulate your gut with good bacteria. There are a lot of brands out there. In 2004, I took Garden of Life Primal Defense. Another good one is Metagenics UltraFlora. So, you need to be taking a probiotic of some kind. And those are two brands that you could try.

Biotics Research has a product called ADP. It's an oil of oregano nutraceutical. Oregano has powerful anti-fungal, anti-yeast, and anti-bacterial properties. The standard dose of ADP is one with each meal, and one before bed.

The advanced dose is five to six tablets three times a day for a week and then three to four tablets three times a day for four weeks, and then you can stop. You don't have to take it forever. Just for a couple months to address fungal overgrowth, yeast, and bad bacteria in the body.

Another product I took for fungus, yeast, and bacteria is Biotics Research FC-Cidal, which is an herbal formula comprised of tarragon, Indian tinospora, horsetail, thyme, Pau D'arco, stinging nettle, and olive leaf. One capsule, two times a day. ADP and FC-Cidal are both on Amazon.

Quercetin
Quercetin is an anti-cancer flavonoid. It's a powerful antioxidant. It protects your cells from DNA damage. It's anti-inflammatory. And it's a natural histamine blocker for those of you who suffer from allergies.

Another benefit of quercetin is it binds to excess iron in your body and prevents its absorption. Iron can be a key ingredient in cancer cell growth, depending on the type of cancer. And quercetin has the ability to steal the iron from cancer cells, which can stop their growth and cause them to die. But if you're anemic, you should be careful about taking quercetin, and possibly not take it at all.

The highest food sources of quercetin are apples, red onions, green and black tea, red grapes, raspberries, cranberries, citrus fruit, and green leafy vegetables. And organic produce has been found to have higher levels of quercetin than non-organic.

The Square One anti-cancer diet is rich in quercetin, but if you want to supplement with it, some reliable brands you could rotate between are MegaFood, Thorne Research, Jarrow Formulas, and Source Naturals. I first heard about quercetin from Dr. Russell Blaylock MD. He recommends 1,000 mg three times a day for cancer patients.

Proteolytic enzymes
Proteolytic enzymes are protein-digesting enzymes. They're also known as pancreatic enzymes. Enzyme therapy has a long history. One of the early pioneers was Dr. John Beard in 1911, many years later it was made famous by the late Dr. William Donald Kelley, who mentored the late Dr. Nicholas Gonzalez and his partner Dr. Linda Isaacs, both MD's, and they treated cancer patients with nutrition and enzymes for several decades in New York City. Dr. Linda Isaacs is still practicing.

The reason they think enzymes are effective for cancer is that they attack the protein coating around cancer cells and expose them to

the immune system. High dose enzyme therapy involves taking up to 45 g per day. Depending on the brand, that could be around 30 pills three times a day on an empty stomach—first thing in the morning and between meals.

The brand used by Dr. Gonzalez and Dr. Isaacs is called Nutricology Pancreas. Another reputable proteolytic enzyme formulation that's been around for many decades is called Wobenzym. You can find them both on Amazon.

Now, don't confuse proteolytic enzymes with digestive enzymes. Digestive enzymes are meant to be taken with food to help your body break down the meal you ate. They can be very helpful for a sick person that's having a hard time digesting food. But don't take proteolytic enzymes with food because if you take them with food, they're just going to break down the food you ate, and they're not going to make it into your bloodstream to target cancer cells.

Now, let's talk about some powerful anti-cancer teas.

Dandelion Root Tea

First on the list is dandelion root tea. When I say dandelion root, I'm talking about the dandelions growing everywhere in the springtime with the puffballs that you can blow out. That pesky weed you've been spraying with weed killer is a powerful anti-cancer plant.

There is a project at the University of Windsor Canada called The Dandelion Root Project, started by a Ph.D. botanical researcher named Dr. Siyaram Pandey. Dr. Pandey and his team found that when they gave dandelion root tea to rats with cancer, the cancers shrank dramatically. Dandelion root tea has been proven to kill various types of cancer cells in the lab and in animals including colon cancer, leukemia, melanoma, and even pancreatic cancer. And they got approval to do phase one human clinical trials for end-stage blood cancers using dandelion root extract.

We don't have the results yet. But there's a fascinating TED talk by Dr. Pandey in which he describes their research on dandelion root. I reposted it on chrisbeatcancer.com, just search for dandelion in the search bar.

Dandelion root tea is easy to make. Dig up the dandelions in your yard, cut off the root, chop it or grind it up, put ½ tsp to a teaspoon in a tea bag, and steep it in boiling water for 20 minutes, and drink it. If you run out of dandelions in your own yard, you may have to start digging up your neighbors' yards and pulling over to the side of the road any time you see a patch of dandelions growing.

You can also get dandelion root tea on Amazon. If you're going to drink dandelion tea, you want to drink two or more cups of tea per day. The clinical trial I mentioned earlier, is trying to determine the maximum human daily dose. So, we'll find out what that is when the results of that study are published.

The most potent form of dandelion root is powdered extract. Basically, what companies do is they brew the tea and then they dehydrate it. And then what's left is the powdered extract. You can consume it whole or add water back to make tea, or add it to juices or smoothies.

Two sources for dandelion root extract are Kalyx.com and NutriCargo.com

Essiac tea

Many people in the alternative cancer world know about Essiac tea. It came from the Ojibwe Indians in Canada. And it was passed along to a nurse named Rene Caisse. Rene treated patients for free with this tea for decades and reportedly cured many people's cancers with it, which is why it became so famous. She wrote a book called *I Was Canada's Nurse*. And Essiac is her last name spelled backwards.

Rene was offered a lot of money to sell the formula but never did. She entrusted it to Mary McPherson her longtime friend and helper who made it public after her death.

There are two formulas. The four-herb formula used by Rene was sheep sorrel, burdock root, slippery elm bark, and Turkey rhubarb root. There is also an eight-herb formula which adds red clover, blessed thistle, kelp, and watercress. I've heard testimonials from people who have drunk both formulas and gotten well. The most economical way to do this is to buy the individual herbs in bulk and make your own tea.

You can find the herbs through a number of websites like EssiacFacts.com and Essiac-tea.org

Make sure you follow the instructions given by Mali Klein in one of her YouTube videos. She will show you how to make a batch that will last 15 months.

Flora sells the eight-herb version called Flor-Essence. If you have a lot of time and no money, you should buy it in bulk and brew it yourself. If you have a lot of money and no time, then you could buy it premade, but the premade versions may not be as potent.

Essiac doesn't smell or taste very good, but the daily dose is small. You basically drink one ounce per day before bed, two hours after you've eaten. Easy.

Jason Winters Tea

Another anti-cancer tea that I drank in 2004 is Jason Winters Tea. And I still drink it almost every day. Sir Jason Winters has a fascinating story. He developed a huge tumor on his neck and traveled around the world looking for help. Several medicinal herbal teas were recommended to him, but none of them worked. Then he decided to combine them all into one tea and drank it every day. And when he did that, his tumor shrank and went

away. And then he wrote a book called *Killing Cancer* and began selling the tea. This was back in the 1970s. And he was eventually knighted for his work.

There are two formulas— the original formula is red clover, chaparral, oolong leaf, and the herbaline spice blend. The newer version has Indian sage leaf instead of chaparral. I prefer to drink the original.

Winters drank a gallon of tea per day. That will be difficult if you're also drinking juices and aloe and other teas all day. But I think some is better than none.

Unlike Essiac, Jason Winters tea is a light, delicious herbal tea. My wife brews up big batches for the family to drink iced, and I like to steep mine overnight in cold water. I like to cold steep because I don't like hot beverages. I just put the tea bag in a glass jar filled with water. And it sits overnight. And in the morning, I pull the tea bag out, and then add stuff like greens powder, amla, moringa, and lemon, and drink it. You can also use it as the liquid in your smoothies instead of water.

Other wonderful, health-promoting teas: Organic green tea, white tea, rooibos tea and hibiscus tea. And always add lemon to your tea. It increases the absorbability. I would avoid black tea. It's not great. Doesn't give you nearly as many antioxidants and anti-cancer compounds as the other teas mentioned. For cancer patients: dandelion tea, Essiac tea, Jason Winters Tea. Any way you can get them in your body, do it.

Now let's talk about detoxification supplements.

HMD Heavy Metal Detox

HMD is a formulation of chlorella and cilantro, which are known chelators that bind to heavy metals like mercury, lead, arsenic, uranium, cadmium, and nickel and remove them from your body.

It also includes an herbal drainage formula which contains dandelion root (Hello!) milk thistle, which is a known liver detoxifier, burdock root (that's in Essiac), red clover (that's in Jason Winters tea and in the eight-herb Essiac formula), turmeric (which we know is amazing), plus hydrangea, and uva ursi. You take this for 90 days and you can get it at DetoxMetals.com
Next up is **coffee enemas**. Coffee enemas are used to accelerate liver detoxification, and for pain relief in cancer clinics all over the world. I did not do coffee enemas as part of my daily routine. I did a few in 2004 because I was curious about them. But I did not do them every day.

Knowing what I know now, if I had advanced cancer, I would include them in my protocol. They're an integral part of the Gerson therapy. You can get a coffee enema kit on Amazon. It comes with specially brewed coffee, the enema bag, all the instructions, and everything you need to know.

Next is **Dr. Hulda Clark's parasite cleanse formula**. It is three products: black walnut hulls, wormwood, and cloves. This is an 18-day protocol. You can find it on Amazon and you can also get the supplements and the dosage schedule on Dr. Clark's website.

Now, there's a hardcore herbal detoxification program called The Incurables Program. I did this in February and March of 2004. It's a 30-day program formulated by Dr. Richard Schulze, who trained under legendary herbalist Dr. John Christopher. This program includes herbal formulas, tinctures, teas, a kidney, liver, bladder and gallbladder flush, and intestinal detoxification formula. It's got a bunch of teas, tinctures, and supplements you take. And it comes with his green superfood product.

Dr. Richard Schulze is a big advocate of juicing and raw food, and is a highly motivational, inspirational guy. He was a big influence on me in 2004. If you have cancer, I highly recommend you go through his Incurables Program, get it at Herb Doc.

Now in terms of order, I think makes sense to do Dr. Clark's parasite cleanse right away—it is only 18 days—along with the HMD Heavy Metal Detox. And then maybe in month two or three, go through Dr. Schulze's Incurables Program. But, if my doctor only gave me a month to live, I would do the Incurables first.

Disclaimer

Remember, I am not a doctor. This was not medical advice, and is not intended to replace medical advice. And there can be additional risks if you're taking pharmaceutical drugs, because pharmaceutical drugs can cause very significant changes in your body. Taking certain supplements with pharmaceuticals could cause serious side effects that may be life-threatening. If you ask your doctor, they're probably going to tell you "Don't take any supplements." But this is your life and your body. This is a process of self-experimentation. And you have the freedom to treat yourself in any way that you want.

If you're inclined to take mega-doses of herbs and supplements, don't do it on day one. Work your way up gradually over time. Everybody is different. So, do your own research. Be cautious. Take responsibility.

If you are taking any supplements or doing any hardcore detox program, you do so at your own risk. Capiche?

Ok that's it for the supplementation module. I know it may seem like a lot, but there's a lot of good stuff out there, and believe me, I've pared it down as much as I can, because I'm trying to keep this program simple—simple and powerful.

Don't be overwhelmed. Supplements can get expensive and if you can't afford to take all of these things, it's ok. Do everything you can do. Take what supplements you can and make sure your diet is dialed in. Nutrition is the foundation of health.

Module 10

Testing & How to Monitor Your Progress

This module will help you keep the proper perspective as you move forward in your healing journey, like what to expect during the healing process, how to identify the best therapies, the benefits and risks of conventional tests, and safer alternatives. Plus how to interpret your test results, Blood markers you should be watching, and Monitoring tests you can order without a doctor.

So let's start with the healing process. One thing you need to understand is that healing happens in phases. And everyone is different. So some cancer patients heal very quickly. Some take a little longer. Some take a few years to get well. So you need to have realistic expectations. And those are:

We don't know how long it's going to take.

You are different than me and different than every other cancer patient. So it's important to keep that in mind. There may be some trial and error involved, so you need to be methodical with your approach. Some therapies work for some people and don't work for others. But the only way that you can know if what you're doing is working is by monitoring your progress. You can't just do a whole bunch of therapies, try a bunch of diets, take a bunch of supplements, and then let months or years go by, and hope for the best. I know you may be afraid to get tested because it might be bad news, but you need to do it.

You have to face down your fear.

And you need routine testing to make sure that what you're doing is working, because if it's not working, you'll need to make some changes. The sooner you know if something isn't working, the sooner you can try a different approach. I believe that what I've outlined for you in this course is the absolute best first approach for you to radically change your life and support your body's ability to heal. That's why it's called Square One. Now, there are certainly other options available to you if you don't get the results you want. You can go to a clinic in Mexico or Germany or Switzerland or whatever. But I think this is the best possible starting point because you have to change your life first.

Healing happens in phases.

The next thing you need to know is that healing happens in phases**.**
There are ups and downs in the process. You may feel great for a while, and then you may have a few days, or a few weeks where you feel terrible. And you might think, "Oh, no! Am I getting worse?" You might have some aches and pains. And of course, when you have cancer, you think every ache and pain is more cancer. Relax, it's probably not. I've had lots of aches and pains come and go in the last 13 years, none of them were cancer. But anyway, health doesn't improve in a straight line. If you've ever looked at financial reporting, when a stock rises in value over time, it doesn't go up in a straight line. It goes up a little and then goes down a little. Then it goes up a little more and then it goes down a little more. And then it goes up again. It's trending up over time, but there are small setbacks along the way. The healing process is the same way. You'll get better and feel great for a while. And then you may have a little setback. And then you feel great again. And then you have another setback. Your body is working things out. It's repairing. It's regenerating. It's detoxifying. Trillions of chemical reactions are happening every day, and it's

doing things that we don't even understand. But the point is, sometimes you have to get worse before you can get better.

If you've ever been sick with a virus, you know your body runs a fever and you feel terrible. But that fever is actually a good thing. That is your body ramping up your immune system, waging full assault on the virus to destroy it. The fever makes you feel bad, but it's actually part of the healing process. By the way, if you do get sick and run a fever, it could be a great thing. Your body could be ramping up your immune system and destroying cancer cells along with viruses and bacteria and other pathogens. Bad things in life often turn into good things. Believe that. Ok, so healing happens in phases. And you've got to be methodical, and you need to monitor your progress.

Now, let's talk about the different scenarios that you can expect as a cancer patient.

Best case scenario number one, is you adopt the radical life changing principles I've laid out in Square One. You give it 100%. And in 90 days' time you get your blood work drawn or a scan, and you find out that your cancer markers are down and that the tumor has shrunk, or you have multiple tumors and some of them are gone, or all of them are gone.

That's the best case. Your body responds and heals quickly. If that happens, don't go back to your old way of life. You need to stay on this program for at least a couple of years because it takes a few years to completely rebuild and create a new, healthy, "cancer-proof" body. So if you start getting good results right away, don't slack off, because you're still in the danger zone and the cancer can easily bounce back if you let down your guard in the first phase of healing. Don't make that mistake.

Sometimes a patient will adopt a hardcore nutritional protocol, natural therapies, herbs, supplements, whatever, and after a few

months they feel better. Their symptoms reduce. Their pain goes away. The tumor starts shrinking. And then for some reason, they let their doctor talk them into treatment. It's a strange phenomenon, but I've seen it many times. The natural strategy is working, but they get impatient, or the fear takes over. And their doctor says, "Well, now that your tumor has shrunk, this would be a good time to have surgery, or start chemo, or do some radiation…" All of which carry numerous risks including making cancer stem cells more aggressive and promoting metastasis. If you're shrinking a tumor with nutrition, you don't need any conventional therapies, just keep going! Ok, so best case scenario number one is that it starts shrinking or it goes away quickly. If that happens, stay the course.

Best case scenario number two is there's no change.

Let's say you start this protocol and after 90 days you go get blood work or a scan, and there's no change. It's not uncommon for cancer doctors to spin this as bad news. If your doctor knows you're doing alternative therapies, they might say, "See? What you're doing isn't working. The tumor is still there. Your cancer markers haven't changed, you need chemo…" or whatever.

No change means it stopped growing. That's good!

Don't let them put a negative spin on that and try to scare you into treatment. A tumor has to stop growing before it can shrink. You have to stop it first. The body prioritizes healing. That means when you adopt a radical diet and lifestyle change, your body may heal other things first. It may be healing your liver, your kidneys, your lungs, or your thyroid. The tumor is on the to-do list, but it hasn't gotten to it yet. That's ok. If your tumor has stopped growing, that is very good news. And hey, it may never shrink. You may have to live with a tumor for the rest of your life. But that's ok, isn't it? If it stops growing, it can't take over your body. And it can't kill you. It may go dormant. Or it may die and become scar

tissue. If you have a non-growing tumor in your body, you can live with it forever. Right?

Best case scenario number three is it slows down.

Remember, it's got to slow down first. Then it stops. Then it shrinks. If the rate at which it's growing slows down, that means you've bought yourself more time. That means what you are doing is working to some degree. You may not have it dialed in exactly right. You may need to try some new things, make some modifications, and tweak your protocol. But that is still positive news. Slowing a tumor down is a good thing. And the only way to know if it's slowing down is to look at how much it's growing between incremental periods of time. Usually your doctor can tell. But, again, you can't trust them completely because they tend to be biased against nutrition and natural therapies. They may try to spin test results to make it look like what you're doing isn't working when, in fact, it may be. So if it slows down, that's good. You've got to slow it down first before you can stop it.

Fourth scenario, your tumor keeps growing at the same rate.

If the cancer markers in your blood continue to rise and your tumor is growing, then what you're doing may not be working. And you may need to consider a different strategy. I met a woman last year who healed her breast cancer with nutrition and natural therapies. She told me that in the beginning her tumor got bigger and more painful, which I'm sure was concerning. That would be really scary, but she stayed the course. Then around month five it started shrinking, and by the end of the year it was gone. Like I said, sometimes you have to get worse before you can get better.

Before we get into specific tests, I've got one more thing for you to think about. The days and weeks leading up to a new test or scan can produce a lot of anxiety. We can it "scanxiety". Stress and anxiety suppress your immune system. And if testing and scans

are causing you a lot of anxiety, space them out further. I think that testing and monitoring is important, but I also know patients who despised being a conventional medical patient so much that they decided to never go back to the doctor, and they got well! This is your life. You don't have to do anything you don't want to do.

Ok now let's talk about specific tests. It's good idea to get a test done right at the beginning of starting a new protocol to establish your baseline. If you've had testing done within a month, that's ok. Keep in mind a test is just a snapshot. It's not the whole story. And snapshots can be misleading. Especially blood work. You can have crazy looking blood work one day and normal the next. You have to compare tests over time to understand what's happening in your body.

The first test on the list is the **RGCC Onconomics Plus Test**. It used to be called the OncoStat Test, and it's also known as the chemo-sensitivity test, or the Greece Test. In this test they take your blood and separate out the circulating tumor cells, and then they test a bunch of drugs and natural compounds against those tumor cells to see what makes them stop growing or die. They test about 100 different drugs: chemo drugs and targeted therapy drugs, and they can tell you if drugs like Cisplatin or 5FU will have any effect before you let your oncologist put them in your body. If you're considering chemo, wouldn't it be nice to know if your cancer responded to the drugs they want to give you? The Greece Test will give you a much better indication of whether or not chemo drugs will have any effect. They also test 45 natural compounds against your cancer, like vitamin C, laetrile, indole-3 carbinol, and mistletoe. So you can see which natural therapies might be effective against your type of cancer. And there's genetic testing involved as well. Basically it's going to help you identify which therapies—conventional or alternative, and which nutraceutical compounds--may be most effective against your type of cancer. And you can find this out BEFORE you spend any money on treatments that may not help you. Unfortunately, most

oncologists don't use the Greece Test, and it is not covered by insurance. But I think it is a worthwhile investment. And you should get the results back in about 10 days. Their website is www.rgcc-group.com.

MammaPrint

This is a genetic test for early-stage breast cancer patients, (with 0-3 positive nodes), that calculates the risk of a recurrence, and whether or not a patient will benefit from chemotherapy. In the MINDACT phase 3 clinical trial, the MammaPrint test reduced chemotherapy prescriptions by 46% among more than 3,300 patients in the trial. This groundbreaking test basically proved that nearly half of early stage breast cancer patients don't need chemo. And the good news is the MammaPrint test is covered by Medicare and most insurance companies. There is a similar test called the Oncotype DX, but it has not been proven in a phase 3 clinical trial. So go with the MammaPrint test.

Like MammaPrint, There's a similar test for stage 2 colon cancer patients called **ColoPrint** that calculates risk of recurrence. Low Risk result means that a patient has an 8% risk of relapse within three years, and an 11% risk of relapse within five years without chemo. A High Risk result means that a patient has a 20% risk of relapse within three years, and a 22% risk of relapse within five years without chemo.

You can find out more about the MammaPrint and ColoPrint tests at www.agendia.com

Now let's talk about scans.

CT scan

CT Scans are typically used to detect new tumors and to monitor changes in tumor size. They can spot a lesion or a tumor, but they can't verify whether or not they're cancerous. What most patients don't know (including me) is that the radiation dose from a CT

scan is 100 to 1,000 times stronger than a conventional x-ray, depending on what part of your body they're scanning. And that ionizing radiation used in CTs causes DNA damage and increases cancer risk. It's estimated that between 3% and 5% of cancers are caused by diagnostic radiation. Every CT scan you get increases your risk of future cancer, and the risk is much higher for babies, children and young adults. So it's important to be cautious and limit your exposure to CT scans. There are other ways you can monitor your progress without subjecting yourself to potentially cancer-causing radiation. Another problem with CT scans is they can also result in overdiagnosis and overtreatment.

A 2013 study, published in JAMA, found that the lung cancer diagnosis rate was 11% higher with CT scans compared to X-rays, and that one in five lung tumors found on CT scans are growing so slowly that they are unlikely to cause a patient any problems. The study also reported that 320 patients have to get a CT scan to prevent one lung cancer death. That means for every 10 lives saved by CT lung cancer screening, roughly 14 people will be diagnosed with a lung cancer that would never have caused them any harm. As many as 20% of lung cancer patients are suffering financially, emotionally, physically, and in some cases dying from the side effects of unnecessary treatment. Lung cancer is our number one cancer killer, with a five year survival rate of only about 17%. And remember that many five year survivors still have cancer. The small percentage of lung cancer patients that are "cured" may only be so because they were overdiagnosed and treated for a disease that was not life-threatening to begin with.

In 2011, a team of doctors at Sloan-Kettering published a study in the Journal of Clinical Oncology that examined the reliability of CT scans. They took 30 patients with stage 3 and 4 lung cancer and a tumor size of at least 1 cm and gave them a CT scan. 15 minutes later the patients had another CT scan on the same scanner. On the second scan, some of the tumors shrunk by as much as 23% and some grew by as much as 31%. Again, this was after only 15 minutes. Of course the tumors didn't really shrink or grow. This

study proved that CT scans can be unreliable when measuring cancer progression. And a tiny discrepancy in a CT scan can have massive consequences. If a CT scan shows that your tumor shrunk by 23%, you and your doctor may incorrectly assume that your treatment is working. If a CT scan shows that your tumor grew by 31%, you would assume the opposite. In which case, your doctor will probably recommend more aggressive treatments, which may be completely unnecessary and harmful. The big takeaway here is that CT scans have a significant margin of error and can be misleading for measuring small tumor progression. A CT scan showing a 20-30% change in size may not mean anything at all. To give you some additional perspective, let's assume your tumor did grow by 30%. Although 30% sounds huge, in reality this may only represent a change of a few millimeters. So don't let large percentages on tiny tumors freak you out. A 1 cm tumor that grew by 30% is still only 1.3 cm, which is tiny.

PET scan

PET scans are often used in combination with CT scans. The CT scan takes the picture, and the PET scan is used to indicate whether or not a spot may be cancerous with a radioactive glucose tracer that they inject into your body. Cancer cells uptake glucose faster and the radioactive glucose concentrate in lesions and tumors that are cancerous and lights them up on a PET scan. But non-cancerous infections and areas of inflammation can also light up on a PET scan and make you think your cancer is spreading when it isn't. PET scan radiation exposure is very high. You're getting radioactive glucose injected into your body. And they're hitting you with a CT. So a typical PET scan can expose you to 1,000 times more radiation than a chest x-ray. Not something you want to get very often, if at all. And, by the way, these scans are not mandatory. You don't have to get a scan just because your doctor wants you to. The scan is not going to help you get well. All the scan is going to do is tell them if your cancer is growing or shrinking, or if there's cancer in other parts of your body, but it could be wrong and lead to unnecessary treatment.

MRI (magnetic resonance imaging)
The MRI uses magnetic fields and radio waves, so there's no ionizing radiation. And compared to CT and PET scans is much safer. MRIs can spot lesions and tumors, but they can't verify whether or not they're cancerous. Now, some healthcare providers don't like to use the MRI because they're more expensive, so they require other diagnostic tests first. But MRIs are a much safer alternative to a CT or PET scan, and if you want an MRI instead, you may have to fight with your insurance company about getting it paid for.

Ultrasound
Ultrasound is a safe non-invasive method that uses high frequency sound waves instead of X-rays or radiation to produce images of your internal organs, babies in the womb, etc. And in some cases, tumor size and progression can be measured with ultrasound. It's totally safe and much cheaper than a CT, PET or MRI.

Thermography
Themography is also a safe, non-invasive screening method that uses infrared cameras that show temperature variations in the body, like in breast tissue. Hot spots on a thermography scan can indicate inflammation, a pre-cancerous condition, or cancer. Now, thermography cannot diagnose cancer but it can be useful to monitor changes in inflammation, which could mean changes in cancer. Thermography is growing in popularity as a safe alternative to mammograms. Just google "thermography" and the name of your city to see if there is a practitioner in your area.

Now, let's talk about blood tests.
There are several different cancer markers in your blood that your doctor can order for you. Elevated cancer markers typically indicate cancer progression, but there can be other causes of elevation leading to false positives. So always keep that in mind.

Ok, so here are a few of the most commonly used cancer markers.

The CEA is a broad spectrum tumor marker used to detect cancer activity in the body. A normal CEA is less than 3.

The CA-125 is an ovarian cancer marker. Normal is between 1.9 and 16.3.

The CA15-3 is a breast cancer marker. Normal is between 7.5 and 53. So that is a pretty wide range for that one.

The CA19-9 is used for colorectal, gastric, and pancreatic cancer. Normal for that is under 36.

And then there's the PSA, prostate-specific antigen, which is a prostate cancer marker, a normal PSA is under 4.

All of those can be ordered by your physician and if you have insurance, your insurance should cover it, and it should cost you very little out-of-pocket.

If you're working with an integrative practitioner ask them about heavy metals testing to see if you have high levels of any toxic heavy metals like mercury, aluminum, lead, cadmium, etc. Also ask about a micronutrient profile test, like the SpectraCell test, this will show if you have any vitamin or mineral deficiencies that need to be addressed.

Additional tests that can help you monitor your progress with or without a doctor.

The Navarro Urine Test
This test measures the amount of hCG in your urine, which can be elevated if you have cancer. You can order this test yourself. You just collect a urine sample, mail it in, and you get the results back in about three weeks. If your test result comes back under

50, that means you probably don't have cancer. If it's over 50, that may mean there's some cancer activity in your body. The higher the number the more likely you have cancer. The Navarro test is the cheapest easiest way to monitor your progress, but it's only about 70% accurate because roughly 30% of cancers are not detectable by an hCG test. So if you get a Navarro Urine Test and it shows that there is no cancer, but you know you definitely have cancer, then obviously that's not a good monitoring test for you, but you've only wasted $55 bucks. You can order that through NavarroMedicalClinic.com.

ONCOBlot

This is a blood test that can detect 25 different types of cancer by measuring ENOX2, a protein shed by cancer cells into the blood. You can order this through your physician if they are familiar with it. And it may be covered by your insurance. If you can't get it through your doctor, you can also order it over the phone through Cancer Center for Healing in California. It costs about $250-300 and they'll do a follow-up consultation with you to go over the test results. Learn more about the ONCOBlot at OncoBlotLabs.com.

American Metabolic Laboratories CA Profile Test

This is a combination of seven tests, blood and urine, which makes it more reliable. There's an hCG urine test and an hCG blood test. It also includes the CEA and a PHI enzyme test. An elevated PHI enzyme can indicate cancer, but it can also be elevated if you have viral disease, heart disease, liver disease, or muscular disease. The CA Profile also measures GGTP, which can indicate cancer-related problems with your liver, pancreas, heart, lung, and kidneys. The CA Profile measures TSH, thyroid stimulating hormone. If you're hypothyroid, that's a precursor to cancer, but that can also be caused by chemo because chemo damages the thyroid. The last marker in the CA Profile test is DHEA. DHEA is an anti-stress and immunity hormone, which is typically very low in cancer patients. If all these markers are in abnormal ranges, then cancer is more likely.

Now, let me say something else. If you measure too soon, you might get a scary result. There's a phenomenon called tumor lysis, which is tumor die off. So if what you're doing is working, and your body starts breaking a tumor down really fast, it will release dead cancer cells into your bloodstream to be filtered out and eliminated. And the cancer markers in your blood will spike. According to MedicineNet:

Both benign and malignant conditions can increase CEA levels. Chemotherapy and radiation therapy can cause a temporary rise in CEA due to the death of tumor cells and release of CEA into the bloodstream. Fluctuating levels of CEA during cancer treatment must always be correlated with other clinical findings. While worrisome, changes in CEA are not diagnostic of cancer progression on their own.

So blood markers going up in the beginning may not mean you're getting worse, it may mean you're getting better. So that's why it's not recommended that you don't jump to any conclusions if you get blood work in the first month after starting a hardcore healing protocol. I think it makes sense to wait at least 30-45 days after starting Square One and then test again at the 60 or 90 day mark. I also think it makes sense to get blood work done through your doctor because that's the cheapest way to monitor your progress. I worked with an integrative oncologist, the late Dr. Roy Page, who supported what I was doing. Every month he ordered blood work and we looked at various blood markers, including the CEA, to look for any changes. And about every six months for the first two years he ordered a CT scan for me.

Knowing what I know now, I would have had some of the blood tests I mentioned above instead of CTs. Now, depending on your type of cancer, there may not be a blood marker for you. If not, try the Navarro Urine Test or the ONCOBlot or the American Metabolic Laboratories test for monitoring. An MRI, CT or PET

scan will give you a picture of what's changed in your body, but the only way to know for sure if a spot is cancerous is with a biopsy, but they have risks as well. A 2004 study found that biopsies increased the risk of metastasis for breast cancer. But another study on pancreatic cancer did not find an increase in risk. So the jury is still out on this. It may depend on the type of cancer.

Now let's talk about your testing mindset.

My opinion is if there's a new lump or a bump, you should treat it like cancer. And if you're trying to decide whether or not to do a CT or PET scan at any point in the future, ask yourself, "If this scan finds more cancer, am I going to do anything differently?" If your answer is no—if the results of a scan are not going to make any difference in your strategy—then there may not be any point in the scan. Don't feel like you need to get scanned out of fear. You just need to get some kind of testing to make sure that you're on the right track. And you need to decide ahead of time what your next steps will be depending on the test result you get. You should hope for the best but plan for the worst. Many patients only hope for the best and then go into a tailspin when they don't get good news. And then they make impulsive, irrational, fear-based decisions and get rushed into treatment they don't want to do. Don't let that be you.

Think of yourself like Thomas Edison.

Take an organized methodical approach to your situation. You are conducting a healing experiment on your body, and you need to know if it's working. Edison tried 1,000 different light bulb filaments before he found the one that worked. Hopefully you won't have to try 1,000 different therapies to get well, but you may have to make some changes along the way. Sometimes trial and error is involved. And that's totally ok. If you don't get the result you want, don't be discouraged, because depression and

discouragement will steal your joy and suppress your immune system. Try to take a stoic approach to your situation. Just accept that it is what it is. “Here are the results. Now what am I going to do about it?” It’s really important to keep your perspective. You didn’t get cancer overnight, and you aren’t going to heal it overnight. It took a long time for you to get sick and it will take some time to get well. Be methodical, stick with one protocol and monitor for at least 90 days.

Don’t change course unless you are absolutely certain that what you are doing isn’t working for you.

That concludes Module 10 and the SQUARE ONE Healing Cancer Coaching Program. I’ve given you everything you need to get started to build your foundation for healing. Now it’s up to you to take massive, life-changing action. I firmly believe that what I’ve shared with you in SQUARE ONE can have a dramatic impact on your life and your health, and I can’t wait to share your healing story.

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